

WEED WORLD™

ISSUE 149

MIMOSA EVO

A TRIUMPH OF STRAIN EVOLUTION

THE NEW YORK PRISON LAB

HASHNERD HANGOUT

BEYOND THC AND CBD

WWW.WEEDWORLDMAGAZINE.ORG

100% NATURAL, NON-GENETICALLY
MODIFIED, FULLY LAB TESTED
REASONABLY YOUR BEST FRIEND

18

US \$7.99
UK £4.00
CAN \$8.99



DISPLAY UNTIL END OF MARCH 2021

VISIT...

LANZAROTE
Caliente.COM

Gorilla Girl XL Auto®

SWS82

new 2020 · new 2020



XL

Now available as a long-stemmed, autoflowering version, but just as potent as ever with up to 25% THC

Red Pure Auto CBD®

SWS81

new 2020 · new 2020



< 1% THC

I'm red. I'm autoflowering. And I'm pure CBD!

Sweet Amnesia Haze XL Auto®

SWS57

new 2020 · new 2020



XL

The autoflowering, XL version of Sweet Amnesia Haze® is now available

THE ONLY ORIGINAL AND GUARANTEED SEEDS FROM SWEET SEEDS® ARE THOSE SOLD IN THEIR ORIGINAL PACKAGING

Sale forbidden to people under 18 years old. Seeds for collection purposes exclusively. It is illegal to make them germinate. They are not for agriculture purposes. Consult laws about cannabis applied in your place of residence. Sweet Seeds® will not be accountable for illegal use of these seeds done by third parties.

C/ Dr. Nicasio Benloch nº36-38 · 46015 · Valencia · Spain

+34 963 890 403 · +34 963 473 730 / +34 963 404 289 (Wholesales) · info@sweetseeds.es

Tropicanna Poison F1 Fast Version®

SWS85



new 2020 · new 2020 · new 2020

0 · new 2020 · new 2020 · new 2020



Roll up! Roll up! If you are looking for ultrafast flowering,
“Super Strong”, red buds

10% OFF
WITH VOUCHER CODE
'WEEDWORLD'



THE ATTITUDE SEEDBANK

CONNECTING THE WORLD WITH
THE BEST GENETICS



BARNEY'S FARM
AUTO GORILLA GLUE



THE PLUG SEEDBANK
EL CHAPO



G13 LABS
AUTO SUNSET VIBES



HUMBOLDT SEED ORG.
707 HEADBAND



CALI CONNECTION
ORIGINAL SOUR DIESEL



DINAFEM SEEDS
DINAMED CBD



GREEN HOUSE SEEDS
DEEP CANDY



TH SEEDS
GELATO CAKE

WWW.THEATTITUDESEEDBANK.COM
TEL: 01473 359754 INT: 00441473359754

YOU HAVE TO BE AT LEAST 18 YEARS OLD TO ORDER CANNABIS SEEDS FROM THE ATTITUDE SEEDBANK.

IT IS AN OFFENCE TO CULTIVATE ANY PLANT OF THE GENUS CANNABIS IN MOST OF THE WORLD WITHOUT A LICENCE FROM THE SECRETARY OF STATE. ANYONE COMMITTING AN OFFENCE CONTRARY TO THIS SECTION MAY BE IMPRISONED OR FINED, OR BOTH. SEEDS ARE SOLD AS SOUVENIERS ONLY. OR FOR THE PRESERVATION OF GENETICS OR INCASE LAWS MAY CHANGE. IT IS CUSTOMER RESPONSIBILITY TO CHECK THE LOCAL LAW BEFORE ORDERING.

THE WORLD'S LARGEST CANNABIS SEED SUPERSTORE

WITH OVER 8000 STRAINS
FROM MORE THAN 200 BREEDERS

FREE SEEDS
WITH EVERY ORDER

**EXCLUSIVE
PROMOTIONS
AND COMPETITIONS**

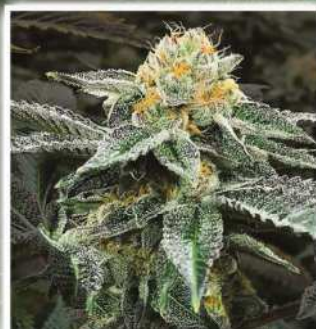
**DISCREET
WORLDWIDE SHIPPING**



EXOTIC GENETIX
COOKIES & CREAM IX3



IN HOUSE GENETICS
SLURRICANE #7 S1



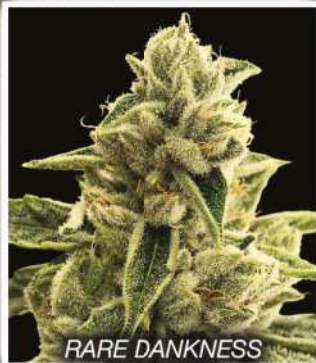
DNA GENETICS
KOSHER COOKIES



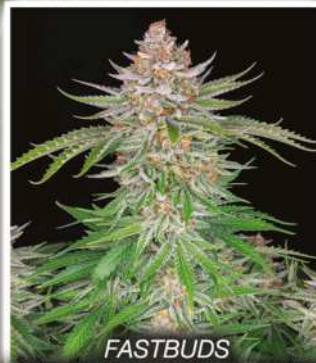
KARMA GENETICS
SHERB BIKER



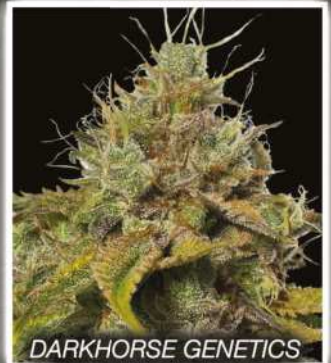
DUTCH PASSION
THC VICTORY



RARE DANKNESS
DRAMA



FASTBUDS
STRAWBERRY PIE AUTO



DARKHORSE GENETICS
POWER ZTONE



ISSUE 149

WELCOME TO WEED WORLD

WEED WORLD was founded in 1991 and is a bi-monthly (published every 2 months) magazine. We always knew the true benefits of medical marijuana so, with this in mind, we became a fighter for the cause and a true innovator. Our job was to keep people informed about this wonderful plant and how they can medicate themselves. We are still doing that to this day! Thanks to all of our readers for supporting us over the years and to all of the people who work with us to help create this amazing magazine.

Welcome to issue 149

Welcome to the last issue of 2020, and beginning of 2021! What a strange year it's been. We hope you had successful grows and that you are safe, well and 2021 will be better all-round.

To take your minds off the current craziness, our magazine is filled with really interesting content. Look out for the following articles: "No-till Farming – the revolution will not be tilled", from Mendo Dope; Paul James looks at whether New York might be next to legalize; we meet Marelyn Shapiro from Granny Buds Farm, who shares a salve recipe which she is using to successfully treat rescued animals.

Simpa writes about the history of prohibition in "Seed our Future – No Evidence - No Crime" and Dutch Passion explores the impact of the new cannabinoids and how they are shaping the future of Cannabis.

We also have some amazing strain reports from Barney's Farm and Sweet Seeds.

WARNING! Germination of Cannabis seed is illegal in the UK. Weed World Ltd sells seed as a collectible adult souvenir only. Please note: You have to be at least 18 years old to order any seeds.

UNITED KINGDOM LAWS. By section 6 of the Misuse of Drugs Act 1971 it is an offence to cultivate any plant of the genus Cannabis in the United Kingdom without a license from the Secretary of State. Anyone committing an offence contrary to this section may be imprisoned or fined, or both. Please note therefore that germination of cannabis seeds, without an appropriate license is illegal in the United Kingdom.

INTERNATIONAL LAWS. We dispatch our seeds on the condition that they will not be used by others in conflict with applicable local law. Unfortunately, regulation and implementation in respect of cannabis seeds differ tremendously from country to country. For this reason we advise you as a matter of urgency to make inquiries about the regulations in your country. Please be aware that even though some countries' laws are changing, please check your country's and do not violate any laws!

As a Weed World customer, you are prohibited from distributing seeds purchased, solely on the premise for souvenir or nutritional use only; to countries where possession of and/or trafficking in Cannabis seeds is illegal. Weed World Magazine Ltd and Weed World E-Zine, (to include Online Store) does not wish to induce anyone to act in conflict with the law. All persons who purchase seeds from Weed World online store, are responsible for their own actions in the future. All information contained within Weed World publications is strictly for educational purposes only and is not intended to condone, promote or incite the use of illegal and/or controlled substances.

THE ITALIAN VERSION OF WEED WORLD MAGAZINE will vary slightly from the English version. It features cannabis news, laws and legalization news relevant for the Italian market.

NEVER MISS AN ISSUE!

Weed World magazine subscriptions are available in print and digital formats.



The Weed World magazine app is available to download for your tablet and phone.

ADVERTISING & DISTRIBUTION

UK 01974 821518
Europe ++44 1974 821518
USA ++144 1974 821518
info@weedworld.co.uk

FOR SALES ENQUIRIES, PLEASE EMAIL:
orders@weedworld.co.uk

FOR GENERAL ENQUIRIES:
magazine@weedworld.co.uk

FOR SOCIAL MEDIA CONTENT:
media@weedworld.co.uk

Weed World, Tregaron, SY25 6PX, UK

ITALIAN WEED WORLD
www.weedworld.it | info@weedworld.it



SEED COMPANY

AMSTERDAM, ESTABLISHED 1987



**YOUR PASSION
OUR PASSION
DUTCH PASSION**

www.dutch-passion.com



70

Hashnerd Hangout Publications

Hashnerd Hangout Publications came from my idea to interview my own heroes and the heroes of our community, in a long-form dialogue, and offer both the raw interview in audio\video format to accompany...



76

The Ganjier

What is quality and what are the characteristics that define the quality of wine or cannabis? Is it the gustatory experience or the resulting effects? Outside the realm of potency, there is the quality...



90

Mimosa Evo

Already studded with an impressive amount of strain jewels, 2020 saw another prominent addition to Barney's Farm's Cali Collection: Mimosa Evo appeared on the green scene. Bred by Symbiotic Genetics from...



- | | | | |
|-----------|---|------------|--|
| 10 | Featured Products | 69 | Featured Strain: Gorilla Cookies |
| 18 | Green Revolution Needed! | 80 | Is Self-Medicating The New Norm? |
| 22 | New York Prison Turned Into a Cannabis Testing Lab | 84 | Cooking with Carosi |
| 30 | Light Cannabis in Italy | 87 | Cannabis Legalization - New York May Be Next |
| 34 | Germany Rejects Recreational Cannabis Legalization Bill | 89 | Cannabiz: My Way CBD |
| 38 | Featured Strain: Red Pure Auto CBD® | 94 | Are Psychedelics the "New Cannabis"? |
| 42 | No More Seeds to Sow | 98 | A-Z of Health Complaints |
| 44 | From Despair To Repair | 100 | Dutch Passion: Beyond THC and CBD |
| 46 | Highly Recommended | 104 | Solventless Trichome Extraction Methods |
| 48 | Cannabis Pet Care | 108 | Cannabis and the Treatment of Rheumatic Diseases |
| 52 | Hemp Farming Opportunities Broadened | 112 | Instagrammer of the Month |
| 56 | No-till Farming | 116 | No Evidence, No Crime? |
| 60 | The Canna Resolution | 120 | Entertainment Reviews |
| 62 | Weed Traveler: Copa Cannabica, Baja California, Mexico | 124 | The civil disobedience of Walter De Benedetto |
| 68 | Cannabis Worse than Covid | 126 | Cannabis Talk 101 |



All of our strains have medicinal value and can help with many illnesses such as depression, epilepsy, psychosis, Huntington's, Parkinson's and Multiple Sclerosis.

Sweet Tooth
x SCBDx



White Widow
x SCBDx



AK47
x SCBDx



Amnesia Haze
x SCBDx



Bama Yao
x SCBDx



Black Critical
x SCBDx



For more information about illnesses and our full seed selection please visit our website.

supercbdxseeds.co.uk

Companies interested in collaborating with SuperCBDx should contact us via info@supercbdxseeds.co.uk.

Seeds are for souvenir purposes only and are not to be germinated. Consult your country's laws before purchasing cannabis seeds. SuperCBDx Seeds will not be held responsible for the illegal use of seeds by third parties.



Medical Marijuana Serving Humanity | Without Health, You Have Nothing

WHOLESALE: TANGY GIFTS, BASIL BUSH, SEEDSMAN

FEATURED PRODUCTS

FOR FURTHER INFORMATION, CONTACT
orders@weedworld.co.uk

Kush CBD Vape



ALL THE FEEL - KEEP IT REAL!

Kush CBD Vape

Premium grade CBD with the terpenes from the most popular cannabis strains in a discreet, stylish and disposable CBD vape pen. Non-GMO hemp-based CBD formula contains terpenes from trusted CBD-rich American-grown hemp plants.

200 mg of CBD in each 500mg vape pen (40% CBD). Up to 200 puffs. These vape pens are made using the most reliable and cutting-edge technology, crafted to be leak and clog free.

Available in 4 flavors. **Blue Dream:** Berries scented terpenes that taste sweet, piney and herbaceous. **OG Kush:** Very herbaceous and citrusy with a peppery finish and a mouth-watering kush taste. **Strawberry Banana:** Banana-citrus flavour with the peppery fruity undertone. **Super Lemon Haze:** Sweet and sour classic citrusy taste.

Available from: attitude-smoking-lounge.com

Violeta (Fem)

Ace Seeds' Violeta is a dominant indica hybrid that matures with intense purple and reddish colors.

It's the result of crossing 2 purple strains: the mother is the Purple Malawi, a very special expression of purple African sativa, that was pollinated by the best and more colorful Pakistan Chitral Kush indica parental plants.

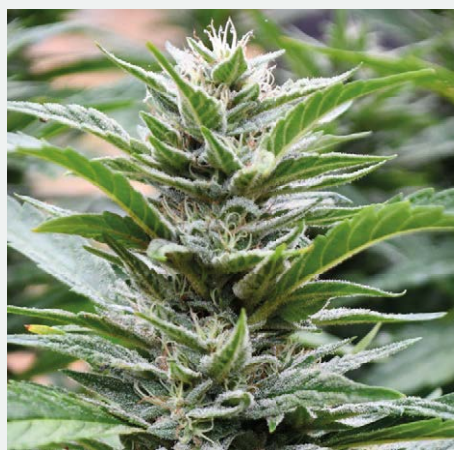
Violeta will conquer you, not only for her beauty and amazing colors.

Her unique balsamic/fruity aroma and balanced effect makes her a favorite choice for all kind of growers and gardens.

Available from: weedworld.co.uk



FRUITY + COLORFUL



SWEET CANDY THC

Cookies x 707 Headband Fem

Emerald Triangle Seeds took their Headband 707 and crossed it with the best Platinum Girl Scout Cookies from their library to produce a phenomenal strain that gives a nose of sweet berry and candy, followed by a fruity spiciness. The buds have a crazy frosty appearance and give a sweet cookie kush flavour that is unforgettable. This strain gives a serious euphoric boost leaving you happy and lifting your spirits.

Much more THC than CBD but is still an ideal strain for treating anxiety and depression, migraine, chronic pain, spasms, arthritis and tension headaches.

THC 24% • CBD 0.06% | Indica 50% Sativa 50%
Genetics OG Kush x Durban Poison x 707 Headband
Yield: High • Harvest: late Sept/early Oct • Stature: Large

Available from: emeraldtriangleseeds.co.uk



FAST FLOWERING FINE KUSH

Killer Kush F1 Fast Version®

The finest Kush selection in a fast-flowering plant, by the hands of Sweet Seeds®. Killer Kush F1 Fast Version® (SWS52) is a feminized and photoperiod-dependent version of one of the most famous strains from the West Coast of the USA, developed around the year of 1994 in Sunset Beach, South California: the famous Ocean Grow Kush, better known as OG Kush. This outstanding genetic is featured in the F1 Fast Version® collection from Sweet Seeds®, a selection of photoperiod-dependent strains with a reduced flowering time, usually 1 to 2 weeks faster than their original versions. This ultra-fast version comes out as an extremely potent strain that produces large and aromatic buds, all covered by a thick layer of resin. Killer Kush F1 Fast Version® is a beautiful plant that features sweet aromas with citric and acid exotic tones reminiscent of scents from the Chem Dawg - Diesel family.

Available from: sweetseeds.com

Weed World Grinder

The original and best acrylic grinder! The Best Seller! 3 part grinder with compartment.

Simple to use, open up, pop in your dried herb or seeds, and rotate. Then, the moment of truth, open up and out pops your ready to use herb, superb for culinary use.

Made from polycarbonate. Will last for ages.

Excellent quality, tough and durable.

Clear and glow in the dark colors available too!

Available from: weedworld.co.uk



OFFICIAL WEED WORLD GRINDER



THE FIRST CBG SEEDS!

CBG-Force & Auto CBG-Force Seeds

Interested in being among the first to grow some Cannabigerol (CBG) rich cannabis? Dutch Passion are the first seed company to release CBG seeds with their CBG-Force and Auto CBG-Force seeds. Both seed types will produce cannabis with THC levels below 0.15% and CBG levels of up to 15%. With such low THC levels this isn't a psychoactive strain, but it may be of great interest to medical growers.

Auto CBG-Force seeds grow under 20 hours of daily indoor light. Around 11 weeks after germination you should have your first CBG harvest. If you prefer to grow feminised photoperiod seeds, then check out CBG-Force which is ready to harvest after 7-8 weeks of bloom. CBG is attracting high levels of interest from medical growers. There's so much more to cannabis than just THC and CBD.

For more information: dutch-passion.com



SHE'S ON FIRE!

Fire Kush (Fem)

This variety of Kush is renowned across the USA as one of the best cannabis strains of OG that there is. With an individual lemon flavor with very long lasting effects, she is unlike the regular OG's and has a distinctive smell and look. Some phenotypes have very distinctive red hairs within the buds which gave Kush Cannabis Seeds' Fire OG her name.

Type: Indica/Sativa Variable
Height: Medium – 100 – 150cm
Grow Area: Indoor/Outdoor/Greenhouse
Flowering Time: 9-10 weeks
Flowering Period: October
Yield: High > 450g
Medicinal Level: Low

Available from: kushcannabisseeds.com

Auto Gorilla Glue #4 (Fem)

Original Sensible Seeds' Gorilla Glue #4 Auto takes 65 to 70 days from seed to harvest.

The average height when grown indoor is between 80cm and 100cm with expected yields of 500 gr m², whilst when grown outdoor the average yield is 100 gr per plant.

Akin with the fast approaching legendary status of the photoperiod version, Gorilla Glue #4 Auto is a THC producing machine with superior colas that are straight fire and offer a well balanced effect between body and mind.

Available from: weedworld.co.uk



SUPERIOR COLAS



SECOND TO NONE!

Jack Flash x SCBDX

Descendant of the original Jack Herer, Super CBDx Seeds' Jack Flash has the bulk and vigor of her Afghani-Skunk ancestors without sacrificing any of Herer's sumptuous Haze high. Add to that the unbelievable CBD content of SCBDX, and the wonderful terpene profile, and you have a Haze-based plant that's second to none.

This is a sativa of outstanding proportions that will take your breath away with the ability to keep you healthy if you want to make tinctures.

30% Indica / 70% Sativa • Flowering Time: 60-70 days
Medicinal Level: 100% • Taste & Smell: Citrus/Pine

Available from: supercbdxdxseeds.co.uk



BUILT WITHOUT COMPROMISE

AVERT Carbon Lined Large 'Duffle Bag'

The Avert Large Duffle Bag is Avert's heavy-duty transportation solution. Their Duffle Bags feature seriously tough engineering for heavy and odorous cargo. Featuring water/smell resistant lockable zips outside a powerful activated carbon lining, the Avert Duffle bags are built without compromise.

- **Stylish heavy-duty design**
- **Size: 71cm x 42cm x 42cm**
- **Odor absorbing activated carbon lining with protective mesh**
- **Activated carbon lined outer flap for extra smell protection**
- **600d polyester/PVC waterproof outer material**
- **Industrial strength Velcro**
- **Traditional carry handles and padded backpack straps (removable)**

Available from: weedworld.co.uk

Organic CBD Balm

Whole Plant Extract (WPE) is a family run business. They have over 30 years of experience in the cannabis industry. With this knowledge comes the ability to provide the right product, dosage and combination of other herbal blends to create products that can really make a difference. What is "Whole Plant Extract?" Whole plant means exactly what it says. In WPE's CBD products, you will find everything from the plant blended together: the leaves, trichomes, terpenes and the flowers, to maintain and support a healthier lifestyle. WPE's products also comply with MHRA, FSA, and IFS Food standards. WPE's Organic Topical CBD Balm contains Organic EU whole plant extract full spectrum crude oil CBD/ CBDA paste extract, along with many other beneficial ingredients such as Arnica, Aloe Vera, Chamomile and Comfrey.

Available from: wholeplantextract.co.uk



WHOLE PLANT EXTRACT BALM



LOOK AT THIS!

CD Covert Scales

Designed to look like a normal music CD.

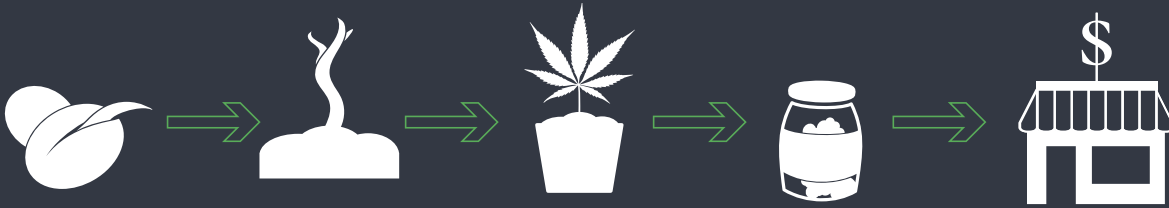
The CDJ Scales are powered by 2x AAA batteries, or you can plug your own 3vdc transformer into the socket.

Three weight options are available, 100g in 0.01g increments and 500g and 1000g in 0.1gm increments.

Comes complete with instructions and protective wallet. Cover can be substituted for your own CD sleeve.

Available from: weedworld.co.uk

Maximise your business profits with us,
from inception to completion.



ASK ABOUT OUR NEXT GENERATION SURVEILLANCE

We have worked in the Cannabis and Hemp industry for over 40 years and are at the forefront of the industry.

Our products have been developed and stabilized over many years and we have launched some ground breaking genetics. We are led by passion to create the perfect products for you and the end user.

This premium flower, *Goliath* and *Critical Honey Kush*, is perfect for the smokeable market. It is remarkable and unlike any other hemp flower in the marketplace.



We have a large library of established stable THC, CBD, CBG, other minor cannabinoids seeds and mother plants. All produced by our breeder, a world leading geneticist.

FROM SEED TO SALE, HELPING TO GROW YOUR BUSINESS SOLUTIONS



We will help you with the overall plan and implementation with the right equipment, design of grow site, nutrients, genetics, through to growing, harvest and end product distribution. Industrial scale indoor and outdoor. Email our specialist team for more details.

GMP
STANDARDS



HEMP SEEDS

We can produce high capacity volumes of stable, customised genetics hemp seeds, with low THC and high CBD or CBG, that have high feminization and germination rates.



THC SEEDS

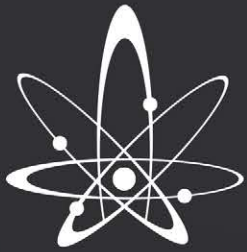
We produce high capacity volumes of high THC seeds. One of our genetics has in excess 30% THC proven content. These plants also produce high yields.

- STABLE CERTIFIED hemp starts/plugs, as well as high CBD and CBG hemp flower, with compliant low level THC.
- Tailor-made PHARMACEUTICAL GRADE seeds, flower and end product.

Delivering High Quality Product at Affordable Prices

We are looking for partners to do crop shares with. To produce smokeable hemp or for any other business ventures, please contact us now!





medicann

we live, eat and breathe medicinal marijuana



Chronic Pain



Chronic Pain

Chronic or persistent pain is pain that carries on for longer than 12 weeks despite medication or treatment.

Most people get back to normal after pain following an injury or operation. But sometimes the pain carries on for longer or comes on without any history of an injury or operation.

Chronic pain can also affect people living with:

- diabetes
- arthritis
- fibromyalgia
- irritable bowel
- back pain

Treatment

Medicann has a wide range of strains that can alleviate many symptoms. To the right, you'll find two that can help to ease chronic pain.

For more information on the benefits of our full range of medicinal seeds, please visit:

medicannseeds.com



Blue Blood CBD

Genetics: OG Kush x Blueberry X Suzy Q

Indica 70% / Sativa 30%

THC: 15%

CBD: 12%

Medical uses: Chronic pain, body relief without mental intoxication, insomnia and more



Wedding Cake

Genetics: Wedding Cake X Amnesia Haze

Indica 50% / Sativa 50%

THC: 20%

CBD: 0.3%

Medical uses: Chronic pain, appetite stimulation, depression, insomnia and more

Seeds are for souvenir purposes only and are not to be germinated. Consult your country's laws before purchasing cannabis seeds. Medicann Seeds will not be held responsible for the illegal use of seeds by third parties. This advert is for educational purposes and it is not intended to be a substitute for informed medical advice or care. You should not use this information to diagnose or treat any health problems or illnesses without consulting your pediatrician or family doctor. Background photography: ©Konrad. Medical information: <https://www.nhsinform.scot/>

NEW!
CBG STRAIN
ARRIVING FEBRUARY 2021

GREEN REVOLUTION NEEDED!

UK Medicine, the Oil Rush and the Green Revolution Needed

By Jason Rice

Over the years I've always tried to engage positively with the Law and the Policy makers, sometimes much to their consternation, and once or twice to my detriment! After challenging the System, joining Liberty and www.ENCOD.org for the bigger picture, Human Rights and cannabis to the fore, it seemed things were moving forward 10 years ago, look where we are now!

Cannabis society's inclusivity and the States neglect and denial affect a bigger divide that is another example of the pyramid system benefiting those few at the top and effecting disparity for the many. Cannabis is all things to all people- the State and its Institutions are not!

Those with Privilege creating favouritism, often through nepotism; rewarding bad practice and those seemingly put above the law and being the problem and not part of the Solution is what the people are up against. These are often unelected and unaccountable individuals. There is still an ingrained reluctance to take on board the 'hippie ideals', values and concepts.

Currently the UK Metropolitan Police are now being investigated for illegally infiltrating environmental and other groups since the 1960's...spying; GCHQ spies... Surveillance Capitalism breaking the Law against the masses and anti-cannabis against the people as a common theme as with suss laws and the notorious SPG- all ruining countless lives in the name of Law and (Dis) Order!

It is not a level playing field at all, north or south, east or west for that matter, let alone from country to country. The US/UK system has sucked for ages. It is time for change, and quick. Surely it is time for equality and diversity more than ever in a radical shake-up.

Take the UK's insidious 1971, Misuse of Drugs Act, nearly 50 years old now; 10 years after the UN backed the Prohibition of Drugs. Both causing more harms and distress than the drugs themselves. The collusion of the Judiciary, not caring about social mores, and the Racial divide, let alone rich and poor and a Class system revealing issues that prevail, still growing and going back many moons and generations.

How about repealing the Act...or amending it to bring it up to date? Not have yet another Royal Commission. Especially if there could also be a Prison Review and amnesty for non-violent Cannabis inmates, as a realistic Covid19 response and future Human Rights Agenda that is Universal.

Take courage, here in the UK and do not hate the Government... 'love the people all of the time' is the ethos, as said by Bill Hicks, US comedian. But who is the enemy if there is a War on (some) Drugs, it is against me and others, because we do what millions of people believe in. It must be a War on us as Citizens. Non violent direct action is wanted to win it. Marijuana usage to appease my PTSD due to War

wounds! Proven remedy for my many symptoms!

Respect and sincerity are on offer from the Cannahuana tax paying Community, and the System offer platitudes as a way of appeasement as in the so called 'recent realisation' that cannabis now has a medical value. This is well known from Chinese Tradition to Indian Ayurvedic medicine and to Queen Victoria dating back many 1000's of years.

But it is November 2018 that sees the UK enter the Medical Marijuana world for its Citizens, years after GW Pharmaceutical patented the plant. Politicians eventually bowing to pressure from the public and media. There was the thought of an 'oil rush'. It has not been so at all.

GW Pharma and their knowledge is again only benefiting the rich and not the masses legally, with what is a plant that all can grow. Up and down the country in the UK many millions have cottoned on to the benefits but they break the Law still. Knowing its medical value as it's been the most scrutinised plant in existence. The World Wide Web has seen testimonials and self realisation in the cannabis world about its virtues- flowers, hash, medibles and concentrates...for decades now. The 'Firewall' stopping many search-engines from accessing marijuana info online through some quarters eg. Work and Libraries. Check your Library out for access and correct cannabis information considering it is 2020...and complain if it doesn't!

2 years hence...the world moves on...now with over 7 thousand strains of ganja, and UK cannabis users have been let down by time and its not moved on as in Canada and Israel. The trade in legal and illegal cannabis estimated at many billions. Taxed and legal trade would provide a social difference with stability and would be an initiative for positivism. This could be freedom for many not the few in loads of ways. Think about it...!

Joining a group and belonging to Society, the State and being connected to the world, macro and micro economics as cogs in the wheel. No one is an individual; we are all a link in the chain. It needs to be Holistic how we approach the Planet and ourselves NOW. It seems that joining a Political party is no real answer.

Green Britain needs to be the goal, but many Politicians are colour blind and do not see anything but their party colours, and their own paranoia and morals. Not an all round green revolution and world view that is required.

There is something empowering about belief in knowing what is right and just...and acceptance and faith in truth. The truth never lies! 'Til wrong feels right'- to quote Iggy Pop.

It is all about diversity and expression and creating and building networks and relationships. Communication is a two way thing- and ignorance is not bliss when it comes to health and stressors.

Ancient rituals and knowledge to bring us together again through Tradition and Education represented by all Diasporas as espoused by Peter Adjaye, will create a better planet and future for all.

For an advocate for Truth, the eminent astrophysicist and cosmologist, Carl Sagan-

'the illegality of cannabis is outrageous, an impediment to full utilization of a drug which helps produce the serenity and insight, sensitivity and fellowship so desperately needed in this increasingly mad and dangerous world'.

Write a letter to the PM Boris Johnson, or Home Secretary and make it an issue instead of Covid19 or Brexit. Contact your MP or Elected Representative, get pot-active... and engage!

Jason Rice, from the HOT-VW CC.

*Keep the community growing onward together to 2021.
Namaste*



wholeplantextract.co.uk



What is Whole Plant Extract?

"Whole plant" means exactly what it says. You will find everything from the plant blended together; the leaves, trichomes, terpenes and the flowers to maintain and support a healthier lifestyle. Our products contain 1000mg+ Full Spectrum CBD!



Organic CBD Tincture

Our **Tincture** is designed to be ingested to maintain a healthy diet.

Organic Topical Balm

Our **Balm** is oil-based, so absorbs more quickly into the skin.

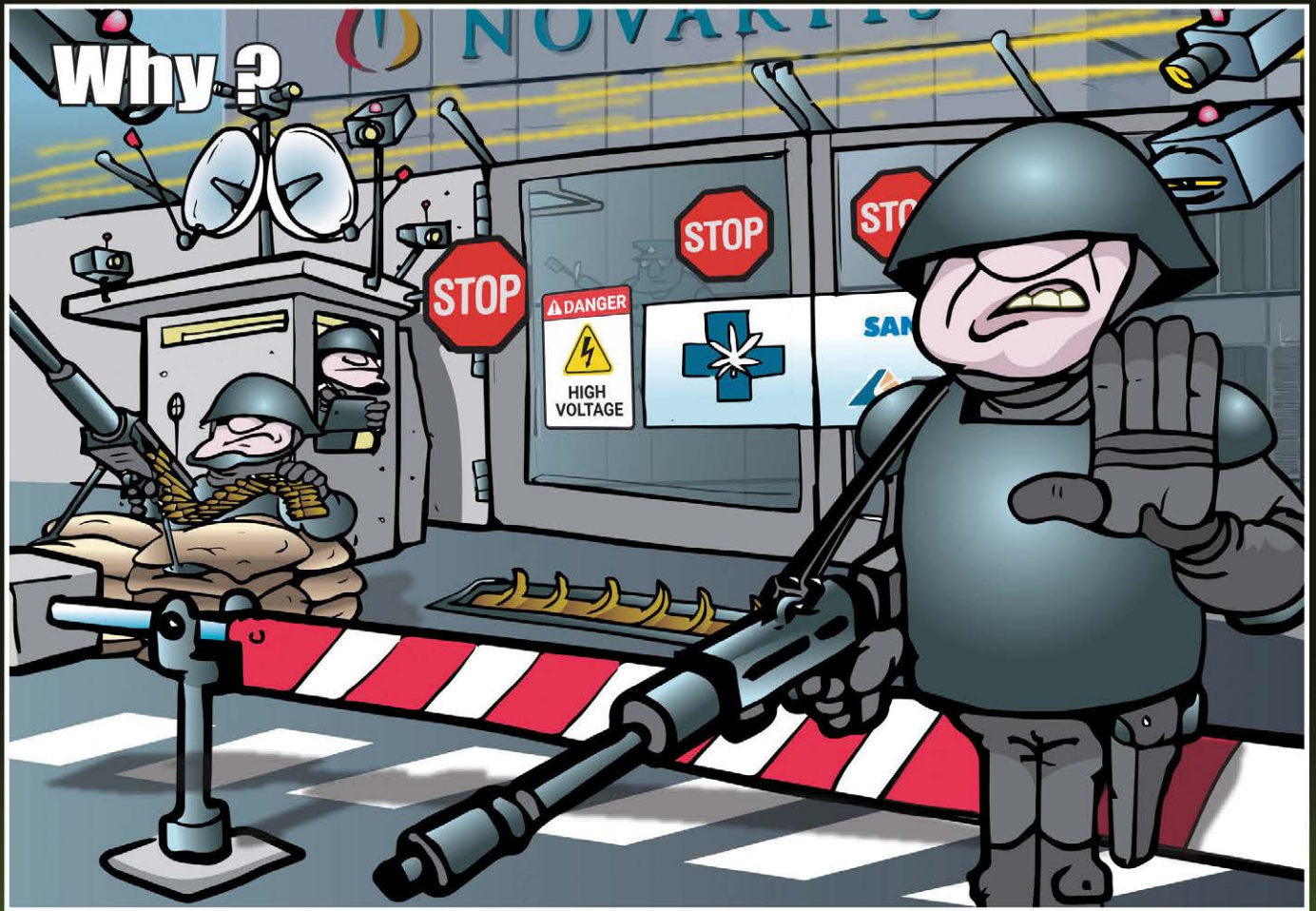
Our Organic Topical CBD Balm contains other organically sourced ingredients too, including

- Arnica
- Aloe Vera
- Chamomile
- Comfrey

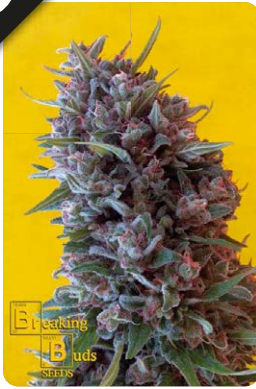
They all work in harmony, increasing the beneficial effects of the balm.



OUR PRODUCTS COMPLY WITH MHRA, FSA AND IFS FOOD STANDARDS



FEM



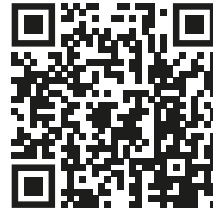
Cheeisenberg was born out of an auto pollination of a clone from UK that reached its apogee in the mid-90s. This clone moved from hand to hand and spread rapidly throughout Europe.

Its strong scent is easy to recognize from its early stages. It penetrates the walls of your wardrobe or even your house even days after the harvest. Its dry scent reminds of nachos or corn curls. If you're thinking about having a macro or mono cultivation, Cheeisenberg is your plant.

CHEEISENBERG

BREAKING BUDS SEEDS

196 SEEDBANKS 8606 STRAINS!



SATIVAS, INDICAS, AUTOS, HYBRIDS

REGULAR / FEMINIZED

INDOOR / OUTDOOR STRAINS

CBD-RICH MEDICINAL STRAINS

HUGE SELECTION OF SEED BREEDERS

GLOBALLY SOURCED STRAINS

WEED WORLD.CO.UK

GET THE LATEST OFFERS: SIGN UP TO THE WEED WORLD NEWSLETTER

FEM



Zkittlez is an award winning indica dominant strain. The colas are large for your typical indica strain and they release a sweet, tropical blend of fruit flavors. Created through a cross of Grape Ape, Grapefruit and an undisclosed legendary strain, Zkittlez has a powerful flavorsome punch despite having a relatively low THC level compared to some of our other strains. The low THC creates effects that are of a happy, relaxed euphoric uplifting nature which is unlike most indica strains.

ZKITTLEZ

FLAVOUR CHASERS

FEM



Directly from Oregon, one of the most "hype" cuts to date. Descendant of Face-Off Og and OGKB. This hybrid S1 of Do-si-dos will delight lovers of the most compelling flavors. Brain Cake maintains the long internode structure of its parents, but we will be surprised by its production if we give it size. This variety reacts at low temperatures showing dark tones and purple colors at the end of flowering. It forms medium-sized but very compact flowers, with large chalices and short pistils.

BRAIN CAKE

RIPPER SEEDS

DEAR WW, I WOULD LIKE TO ORDER SOME SEEDS...

You can pay for your order in cash (please use a registered delivery service). Please supply full contact details, in case we need to reach you regarding your order.

NAME _____

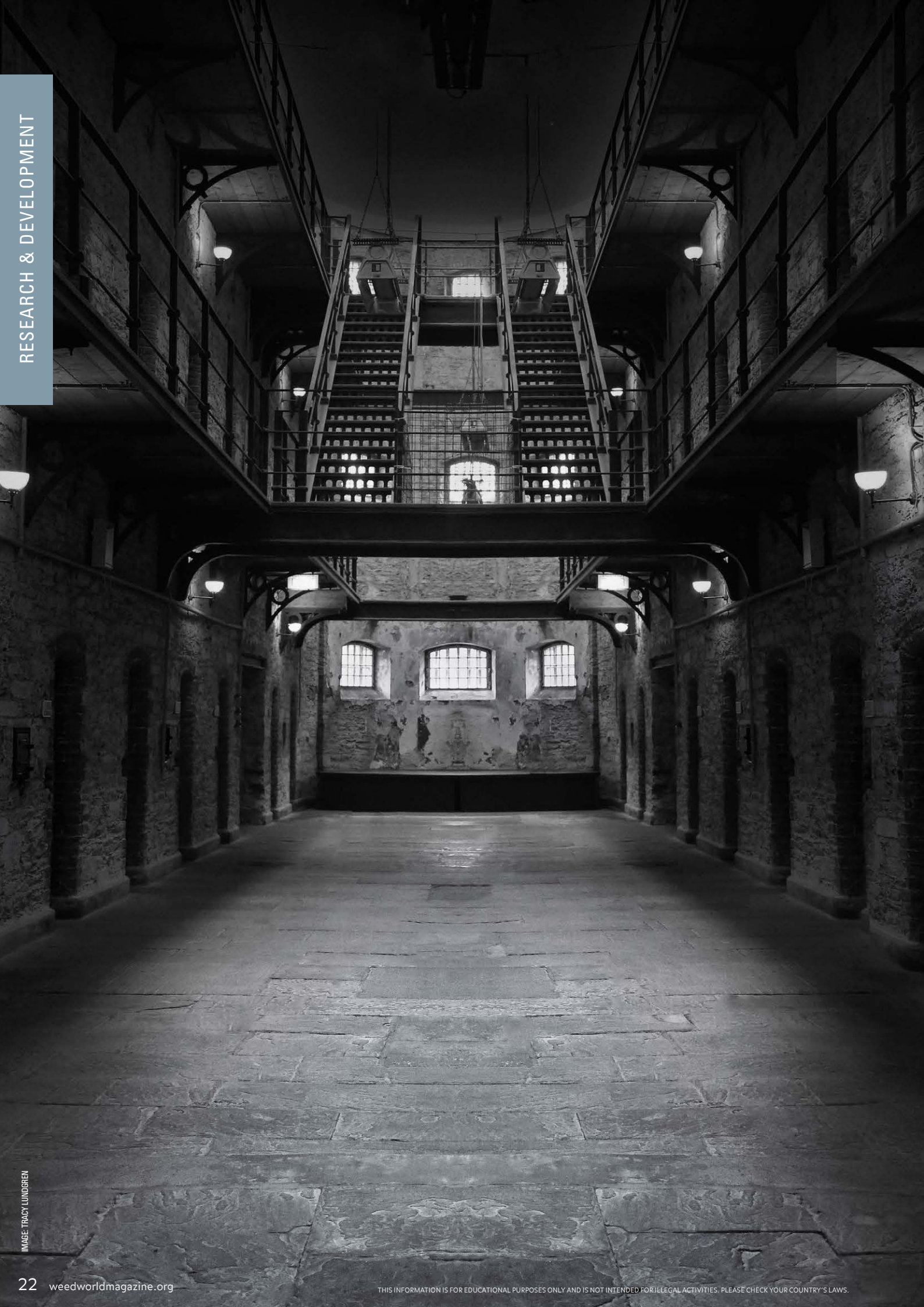
ADDRESS _____

POSTCODE _____ TEL _____ EMAIL _____

Seedbank	Strain	Pack Size	No. of Packs	Reg/Fem	Cost

PLEASE ATTACH A SEPARATE SHEET OF PAPER IF YOU REQUIRE MORE SPACE, OR PHOTOCOPY THIS FORM. CONTACT US FOR POSTAGE COSTS.

PHONE: UK 01974 821 518 US 01144 1974 821 518 | BY EMAIL: ORDERS@WEEDWORLD.CO.UK | BY POST: WEED WORLD, TREGARON, SY25 6PX, UK



A NEW YORK PRISON HAS JUST BEEN TURNED INTO A CANNABIS TESTING LAB

Written by Paul James

As cannabis legalization rolls out in the United States, one of the biggest talking points is the expungement of prior non-violent cannabis crimes.

More than 600,000 people are still arrested for marijuana possession annually even though a good chunk of the country is lighting up without the worry of law enforcement. ¹

Others are facing life-changing sentences that can leave them with years in prison or mountains of debt.

For this reason, it's almost a major win knowing that what-was-once a New York Prison has now been transformed into a cannabis testing lab. Behind the very walls where people were serving time for marijuana charges, this plant is now being evaluated for quality purposes to legally sell to the market.

The former state prison is located in Orange County, New York. It closed back in 2011 in response to Governor Andrew Cuomo's prison closing program. This program left 7 other prisons throughout the state to be closed and abandoned. ² While the move saved taxpayers millions in the years that followed, there's been controversies over whether or not this encourages crime within the area. Up until now, these facilities were used as recreational hiking areas.

However, that was until Kaycha Labs came in and purchased the Orange County facility (also known as Mid-Orange). Up until this purchase, the property was owned by the town of Warwick which openly admitted they were hoping to attract the hemp industry into the area. As Mark Sweeton, town of Warwick supervisor, notes, "We settled very quickly on a hemp development cluster in Warwick."

This comes as no surprise considering the hemp industry is pulling in hundreds of millions within the United States. With projections to go into the billions in just a couple of years.

As with most states, New York is keen on making sure their products are only of the highest quality.

One way to ensure this is by making it a requirement all product batches run through a laboratory test to check a number of aspects about the plant. These include:

- Biotoxins
- Cannabinoid and terpene profile
- Heavy metals
- Pesticides
- Potency

Currently, the lab is set to test medical marijuana and hemp-derived products (such as cannabidiol [CBD]) for next year's harvest season. But they hope to also provide results concerning recreational cannabis which is believed to be due to come in to New York legislation not too long into the future.

A History of the Prison

Mid-Orange state prison doesn't have the same infamy as Alcatraz or Port Author, yet it has its place in New York history. In fact, the building wasn't even initially a prison to begin with: it was a second home built for Eleanor Roosevelt in the early-to-mid 19th century.

With that said, the facility isn't as large as you may assume. When we think of a prison, we get this picture in our mind of 30-foot concrete walls surrounded by barbed wire and a giant, but bleak building. The Mid-Orange state prison is large for a house but quite small for a prison and it has remnants of classic New England Victorian architecture that give it a very attractive appeal for other operations.

It was when Roosevelt passed that the state transformed the building into a youth reform farm under Governor Franklin Delano Roosevelt. It acted as any other prison in the New York area, housing those serving long sentences - sometimes for crimes such as cannabis possession.

There aren't too many notable stories that come from this prison. Being as it's small in size, it never had a massive list of characters to give it the grandiose personality as a prison such as Alcatraz. Of course, the locals were treated to stories here and there.

For example, correctional officer Christopher Nuttall had started taking stray cats into the prison. He would then take care of these cats with the prisoners he was watching over. As surprising as it might sound, this caused the controversy of Nuttall "contrabanding and collaborating with inmates" and he was fired. Only to later be rehired.

Besides a strike by the state prison employees, this building sat deep in the town of Warwick with very little

action happening around it. Upon its abandonment, the old structure began deteriorating and nature started to overtake the outer walls. However, Kaycha Labs hopes to breathe new life into this beautiful piece of history.

Cannabis Saves a Historical Landmark

While most may not associate Mid-Orange state prison with happy memories, there's no doubt it has its place in history. Unfortunately, when the building was abandoned in 2011, it began to deteriorate due to outside elements. Kaycha Labs hopes to bring this facility back to life in a way that can give back to the community.

With 9,000 square feet, the lab will feature some of the most advanced cannabis and hemp testing equipment within the state. With that said, they like to brag about having lab results done within 48 hours.

The only difficulty currently facing this endeavor is the fact that the New York Agriculture and Markets Commissioner, Richard Ball, proclaimed that there is no intention for the state to submit a plan for the 2021 hemp growing season. Ball went on to say this will remain unless the U.S. Department of Agriculture makes changes to certain program requirements.

This isn't an outlandish request. The lack of regulation surrounding the American hemp industry has produced a lot of problems for farmers, business owners, law enforcement, and consumers. Not to mention, since this industry is still in its infancy, there remains a lot of misinformation circling around.

Luckily, New Yorkers will still be able to plant their hemp and make full use of Kaycha Labs as long as they obtain hemp licenses through the USDA's Agricultural Marketing Services. In turn, this leaves them excluded from state regulations, but included in any current and future federal regulations.

The Importance of Testing

Returning back to the topic of hemp's lack of regulation, lab testing has become a key feature within this industry. It's become a way for customers and retailers to not only identify what's in the products they're purchasing but also to differentiate reputable companies from untrustworthy brands.

A recent study by the Food and Drug Administration (FDA) found that most CBD products on the market aren't properly labeled. In other words, the information provided on product labels doesn't accurately portray what's actually in the product.³



While the FDA didn't reveal the exact companies studied in their report, they did provide some insight into how bad mislabeling can be. For example, one CBD product claimed to have 350mg when, in actuality, it had 417mg. In another product that was being claimed to be federally legal, there was 45% tetrahydrocannabinol (THC) - the legal limit is less than 0.3%.

The difficulty here is the hemp and CBD industry, in particular, have marketed themselves to individuals who aren't necessarily interested in cannabis's psychoactive properties (i.e. elderly, people struggling with debilitating health conditions, etc.). It's likely these individuals aren't aware of cannabinoids profiles and terpenes and even what the milligram (mg) potency even identifies.

Education is key. But due to so many trying to make a quick buck of this "Green Rush," there's a whole lot of misinformation spreading across the web. Through lab testing, not only can we begin to roll out proper information but we can allow consumers to identify exactly what they're getting.

As more research concerning cannabinoids comes out, it's become clear that certain cannabinoids have medical properties that others can't compare to. With that, it's only natural people are going to begin looking into products that cater to their needs.

Final Word

While the news of a cannabis lab opening up in a prison is definitely a win for those who have been criminalized for this plant, it's an even bigger success for the authenticity of this industry. As cannabis becomes more of a norm, people are going to want to know exactly what they're getting in their products.

Even though Kaycha Labs will only be working within the New York area, they're providing a service that's revolutionizing the way people view this plant. If other companies begin setting up facilities in various locations around the country, it's guaranteed we'll have a network of laboratories to ensure the cannabis industry is the purest and safest it can be.

Reference Sources

¹ Drug Policy Alliance: Drug War Statistics <https://www.drugpolicy.org/issues/drug-war-statistics>

² New York State: Governor Cuomo Announces Closure of Seven State Prison Facilities <https://www.governor.ny.gov/news/governor-cuomo-announces-closure-seven-state-prison-facilities>

³ Food and Drug Administration (FDA): Content vs. Label Claim: A Survey of CBD Content in Commercially Available Products <https://www.fda.gov/media/128364/download>



KUSH

CANNABIS SEEDS



For further information about our catalogue of strains, visit our online store:

WWW.KUSHCANNABISSEEDS.COM • INFO@KUSHCANNABISSEEDS.COM

Seeds are for souvenir purposes only and are not to be germinated. Consult your country's laws before purchasing cannabis seeds. Kush Cannabis Seeds will not be held responsible for the illegal use of seeds by third parties.



Dogstar Dawg
BIG HEAD SEEDS

BIGHEAD SEEDS.COM

NEW STRAINS

Crystal Runtz • Bighead Superfast Auto
Dogstar Dawg Auto • Gorilla Cookies Auto
Trippy Sherbert Punch Auto
Platinum Cookies • Crystal Gelato Auto

AUTO
VERSION
OUT NOW



Julie's Cookies

AUTO
VERSION
OUT NOW



Trippy Gorilla

AUTO
VERSION
OUT NOW



Buzz 'N' Smiles
Super Lemon Haze



Crystal Gelato



Skywalka Ghost Kush



Sherbert Dab

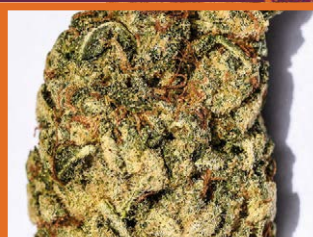
AUTO
VERSION
OUT NOW



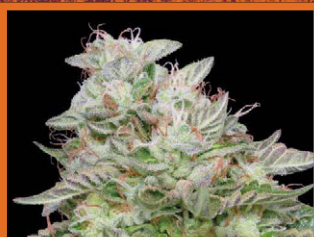
Dogstar Dawg



Granddaddy Banner



Wedding Cake



Do-Si-Dos

CURATORS OF
SUPERIOR
GENETICS

WWW.BIGHEAD
SEEDS.COM



Dos Gelato

AUTO
VERSION
OUT NOW



Gorilla Cookies



Sherbert Glue

BUILD YOUR COLLECTION

ONLY £12 FOR 4 BACK ISSUES



FOR A FULL LIST OF ALL AVAILABLE BACK ISSUES, VISIT:

WEED WORLD MAGAZINE.ORG

NEVER MISS AN ISSUE - TURN TO PAGE 55 AND SUBSCRIBE TODAY!

Email: orders@weedworld.co.uk | Call: 01974 821 518

*Excludes P&P. 4 issues: UK = £12.00 + £6.85 P&P. Prices quoted are subject to change. For up-to-date magazine costs in UK£, US\$ and EU€, including postage costs, please visit our online store: www.weedworld.co.uk. Weed World cannot be held responsible for any loss due to uninsured cash payments. Please use a secure, insured postal service. Availability of back issues is subject to change. Please check our website for stock availability.

GENOFARM®

ZERO FEMINIZED

**< 0.2% THC
> 12% CBD**

**SHOP NOW AT
[GENOFARM.COM](https://genofarm.com)**



**ADVISEMENT FOR
CERTIFIED FARMS**

hi@genofarm.com

1 STEP FORWARD 2 STEPS BACK

Written by Dario Sabaghi

The life of the light cannabis sector has never been smooth in Italy. As well as the lack of regulation of the sale of light cannabis-based products, the political attacks against cannabis have put a dark shadow on the work of thousands of people involved in this field.

However, the Ministry of Agriculture reshuffled the deck on the uncertain situation of the industrial hemp-chain in September 2020 when it included light cannabis flowers for extraction within the official plants' catalogue. Such categorization meant a widening use of light cannabis flowers as they could be used to produce essential oils and opened new business perspectives for the hemp-supply sector.

But such a step forward hasn't stabilized the uncertain pace of the legal cannabis market. Companies, retailers, organizations and activists had to deal once again with the uncertainty and the lack of clarity of the decision-making institutions. In particular, cannabis policies have played an essential role in restricting the operating range of this business due to the lack of coordination among the several ministries and departments.

In early October 2020, the Ministry of Health listed the oral solutions of cannabidiol, known as CBD, within the list of medicines of narcotics law. Most of the Italian mainstream media reported that CBD has become a narcotic drug. However, the Ministry of Health issued a ministerial decree to list oral medicinal drugs containing CBD within the table of medicines of narcotic law, but not in the narcotic table of narcotics law. Such a ministerial decree was entered into force to bring the CBD-based medical drug Epidiolex in the pharmaceutical market, but this technical intervention has opened new doubts regarding the lawfulness of the sale of CBD oils.

CBD oils fall into the category listed in the ministerial decree because they are oral solutions containing CBD, but they are not medical drugs. The Ministry of Health didn't specify if non-medical CBD oils would also be included in this category.

As an aftermath, experts have elaborated two scenarios regarding the future of CBD oils. In the first one, experts say that this ministerial decree is not going to affect the production and sale of CBD oils because such products are not intended for medical use, but they are used for wellness purposes and as supplements. In this same perspective, neither light cannabis flowers nor other products containing

CBD, such as topical cream and spray products, will be banned from the sale.

Instead, a less optimistic scenario establishes that this ministerial decree would ban all CBD oils in Italy if their productions and sales are not authorized by the Italian Medicines Agency. This is because the oral solutions of CBD have become a product that needs to be sold under prescription. This would mean a serious risk for the Italian CBD market because oils are one of the most widely sold products in Italy, along with light cannabis flowers.

The confusing situation of the consequence of this decree brought a group of Italian MPs to criticize this ministerial decree as it sparked confusion and a sense of instability on the light cannabis market.

For them, the decision to include oral solutions of CBD within the scope of narcotics law is illogical. Such a choice can seriously penalize the entire hemp cultivation sector, thus leaving the field open only to the pharmaceutical giants.

They think that this decision is in clear contrast with the promotion of the hemp-supply industry promoted by the Ministry of Agriculture.

"While in the rest of the world prohibition is overcome, in Italy there is the impression of a tendency towards the criminalization of cannabis, which is in contrast with the policies to fight back against organized crime. As members of the Italian Parliament, we are fully committed to ensuring a change of this trend," they stated.

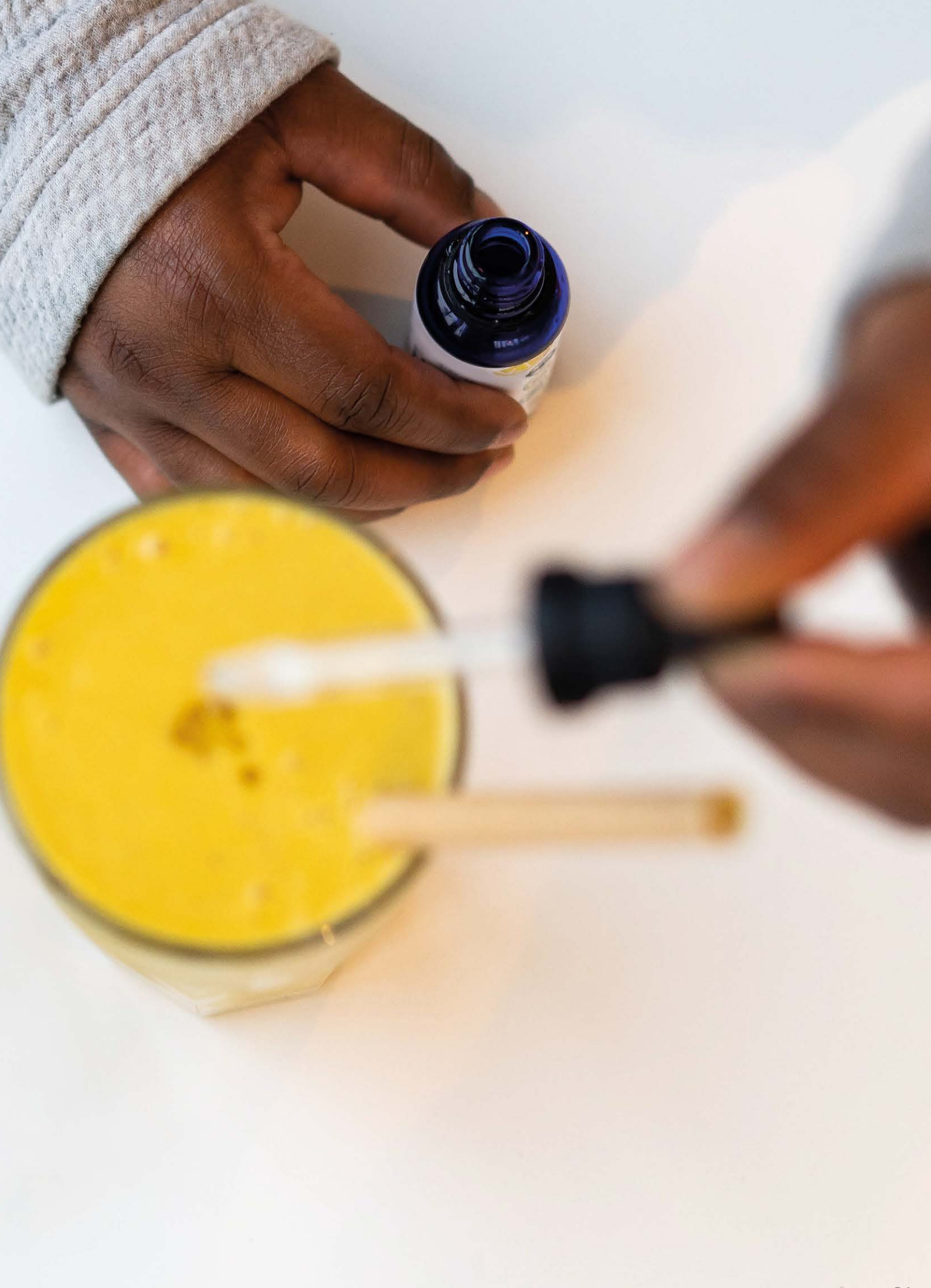
But in late October 2020, the Minister of Health, Roberto Speranza, suspended the ministerial decree that he signed in early October to let the National Health Institute study more the properties of CBD. The light cannabis community had a sigh of relief, but the future of CBD oils will depend on the future decisions of the Ministry of Health.

In the same hectic days of the publication of the ministerial decree, the Italian Customs Agency sent a circular to vape shops, and other premises authorized to sell vape products to fill and sign a self-certification in which they declare to not to sell light cannabis and CBD products. The lack of compliance with this regulation will bring the Customs Agency to revoke the licenses of the premises that have not self-certified their commitment to not to sell light cannabis and CBD products.

The Italian Customs Agency sent such a circular after ascertaining that some vape shops sold light cannabis flowers and CBD products. As there are some court judgments against the sale of such products, the customs agency prevented any legal repercussions requesting them to not to sell these products. However, experts and cannabis activists interpreted this decision as a form of restriction against the light cannabis sector.

The political struggle to legalize cannabis and ease the growth of the light cannabis industry have not yet given positive results. As well as the historic opposition of cannabis reforms pursued by right-wing parties and movements, the current majority of the Italian Parliament is also not taking this topic as a priority. There are a few MPs seriously interested in easing the lives of thousands of people involved in this sector. However, the current government and the opposition have pushed back their actions.

Meanwhile, the entire legal cannabis sector has been forced to take two steps back from the path to the full recognition of the lawfulness of light cannabis and CBD-based products.

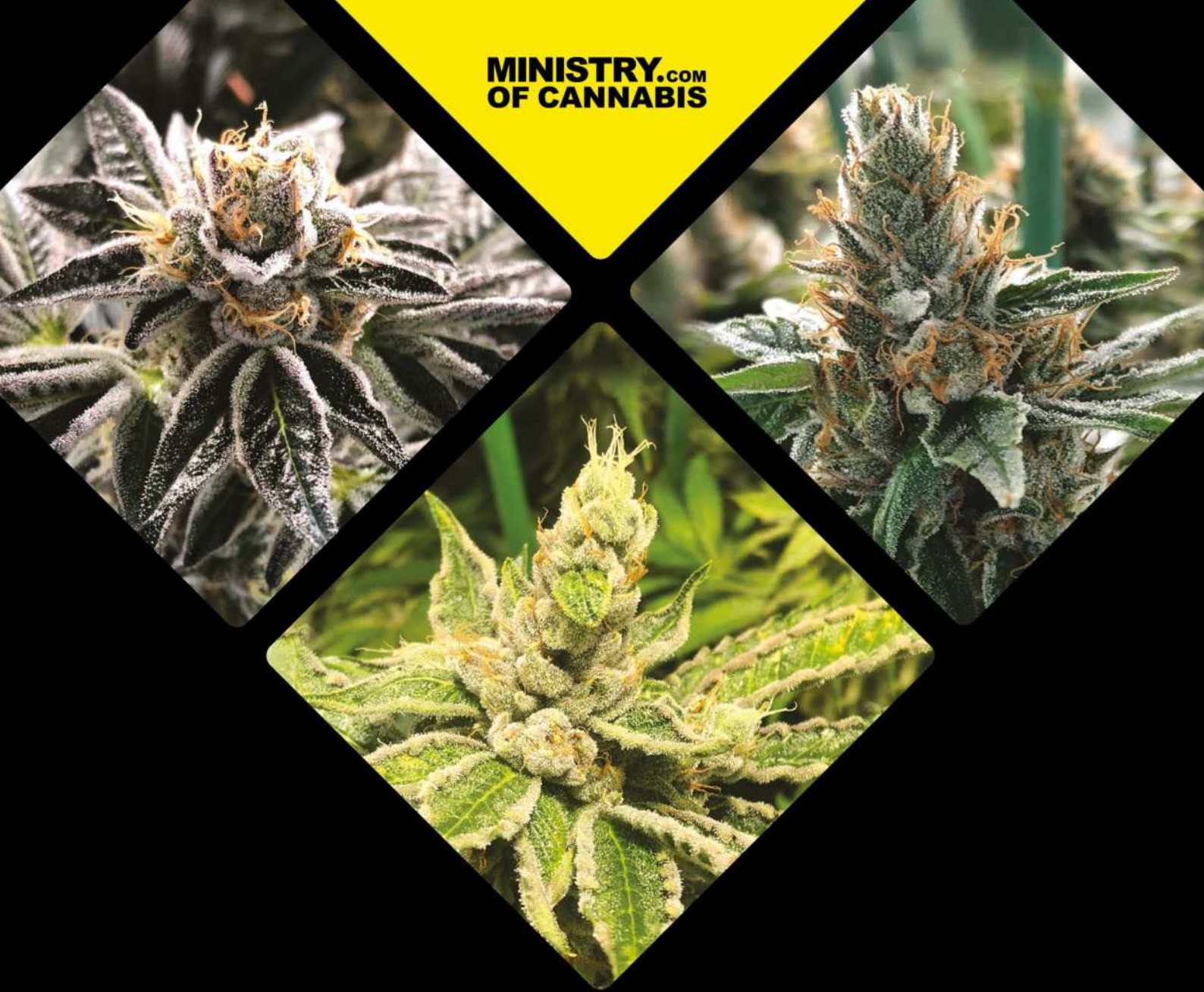




Auto Blue Amnesia
MINISTRY OF CANNABIS

Available from weedworld.co.uk

MINISTRY.COM
OF CANNABIS



OUR SEEDS

YOUR PLEASURE

NEW PROMO 5+1 10+2 25+5

Auto Blueberry Domina
Auto Cheese NL
Auto God's Glue
Big Bud XXL
Mamacita's Cookies
Ultra White Amnesia



WWW.MINISTRYOFCANNABIS.COM





GERMANY REJECTS RECREATIONAL CANNABIS LEGALIZATION BILL;

CHANCES OF REFORM ARE UNLIKELY

Written by Bethan Bee Rose

Cannabis advocates in Germany have seen their hopes for legalization dashed and divided after the Bundestag, the German federal parliament, rejected an all-encompassing bill on October 30, 2020. Had it passed, the bill would have legalized a “strictly controlled” adult-use cannabis market.

Lobbyists and advocacy groups in Germany, which boasts the largest medical cannabis market in Europe, have been progressively pushing in the direction of cannabis reform. Unfortunately, the recent dismissal of a recreational cannabis market serves as a massive blow to the country’s reform efforts.

Many people will be surprised at the governmental body’s decision, with the vast majority of Bundestag members supporting at least some level of cannabis reform in Germany. Nonetheless, German Chancellor Angela Merkel’s center-right, Christian-democratic political alliance – the Union – does not approve of any liberalization pertaining to cannabis in the EU country.

Germany’s Cannabis Reform Efforts Unlikely to Prevail During this Legislative Period

A lack of votes from Germany’s reigning coalition parties Union and the Social Democratic Party (SPD), means cannabis legalization unlikely to happen in the foreseeable future. This is a stark contrast from what Canadian cannabis executives have been anticipating, many of which have felt confident that pot stocks will take a hike up north during the legislative period.

While many opposing political parties don’t agree with current ideas regarding cannabis legalization in Germany, many are keen on enacting some form of legalization. Nonetheless, discussions regarding the best way to accomplish reform are ongoing. The SPD remains firm on its stance that reform should, in some way, be enacted. Preferably, experimental pilot programs will lead the way for any aspect of reform to be brought to light.

“Coalition discipline” was the primary reason why the SPD’s efforts were rejected. The bill was turned down by the largest political alliance in parliament – the Union – due to the fact that members are in firm opposition to recreational cannabis reform. In regards to opposing parties, Alternative für Deutschland (AfD) was the only opposing party that voted against the bill’s passing.

The Free Democratic Party (FDP) refrained from participating in the voting process, despite the fact that a bulk of this liberal political party have frequently aired their support for legalization.

Other Proposals for Cannabis Reform Dismissed by German Federal Parliament

In addition to the cannabis legalization initiative that was rejected by the German federal parliament, a number of cannabis-related initiatives introduced by opposing parties were also rejected. They included the following:

- The Left wanted to decriminalize up to 15 grams of cannabis for possession;
- The AfD pushed to treat medical cannabis products like other forms of medicine in regards to its efficacy — a measure that was rejected;
- The FDP wanted to permit recreational cannabis experiments;
- The FDP will drastically bolster the quality of medical cannabis cultivated in Germany;
- The Left wants to decriminalize possession of up to 15 grams of cannabis;
- The Left wants to allow a minute amount of THC in the blood when driving; proportional to the level of alcohol currently allowed among German drivers.

Six Political Parties in Germany Have Roadblocked Cannabis Legalization

Six main political parties in Germany hold a major influence over the legalization of cannabis in the European country. They are as follows:

1. The Left - Possessing 69 seats in parliament, The Left voted in favor of Germany’s legal cannabis initiative.
2. Social Democratic Party of Germany (SPD) - Maintaining 152 seats in parliament, this popular party is in favor of cannabis reform in Germany.
3. The Greens - Despite holding fewer seats in parliament (67) this party was the second to support legislation in Germany.
4. The Union - This coalition of the Christian Democratic Union (CDU) of Germany and the Christian Social Union (CSU) in Bavaria voted in

opposition of the bill. The party maintains immense power over the EU country’s cannabis laws, what with The Union holding 246 seats in parliament.

5. Free Democratic Party (FDP) - Despite introducing proposals to legalize cannabis in Germany, the FDP (composed of 80 governmental members) voted against recreational legalization in Germany.
6. Alternative for Germany (AFD) - Treating cannabis on the same level as alternative medicines is essential for determining the success of such treatments, say members of the AFD. The party opposed the bill.

At the beginning of 2020, SPD members demonstrated interest in legalizing cannabis for recreational purposes.

“We see the regulated distribution of cannabis to adults in Germany as a good chance for a successful policy, ideally supported by simultaneous strengthening prevention and early intervention as well as counseling and treatment,” reads an excerpt from a paper published by members of the SPD members earlier in the year. Unfortunately, CSU member Daniela Ludwig CSU was in disagreement with the statement and lashed out at messages regarding the legislation on Twitter.

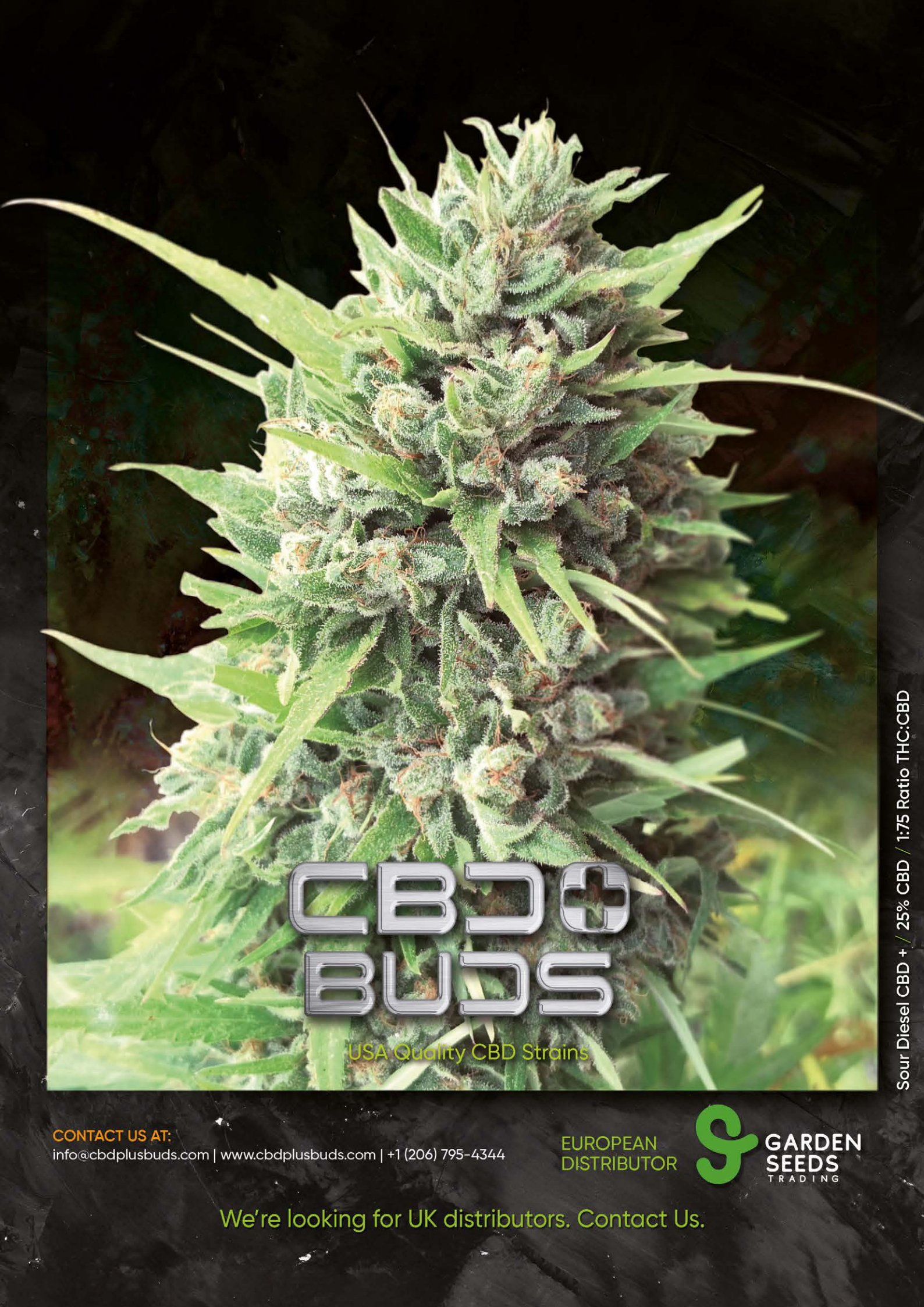
Activists Continue to Push for Cannabis Legalization in Germany

Efforts to change Germany’s cannabis laws remain strong. Each year, thousands of people descend upon the city of Berlin for the Hanfparade — a German-wide pro-Cannabis March. Furthermore, in 2019 a German cannabis-legalization lobby group known as the German Hemp Federation (GHF) launched a “justice offensive” with the sole purpose of encouraging the German Federal Constitutional Court (FCC) to declare laws against cannabis as unconstitutional.

Way back in June 2013, “A Few Autonomous Flower Children” — the name that represents a group of daring cannabis advocates — sprinkled several kilograms of cannabis seeds across the university town of Göttingen. Plus, in September of this year, a Berlin-based cannabinoid product manufacturer called Sanity Group teamed up with Düsseldorf-headquartered Cannacare Health to form a Pro-CBD association.

Since cannabis is the most frequently used illicit drug in the European Union, a target market clearly exists; one that could be tapped into for exponential economic gains. This was made clear when a report issued by the European Monitoring Centre for Drugs and Drug Addiction (EMCDDA) in June 2020 claimed that 60% of survey respondents had used cannabis within the last 30 months.

The agency determined that “occasional users” stopped or reduced their cannabis consumption amid the lockdown, but more frequent consumers “increased their consumption,” admitting that it helped to ease anxiety and boredom. As advocates continue to spread awareness about the prospective benefits of cannabis legalization in Germany, we can expect to see further amendments to potency laws in the future.



CBD+ BUDDS

USA Quality CBD Strains

CONTACT US AT:

info@cbdplusbuds.com | www.cbdplusbuds.com | +1 (206) 795-4344

EUROPEAN
DISTRIBUTOR



**GARDEN
SEEDS**
TRADING

We're looking for UK distributors. Contact Us.

Sour Diesel CBD + / 25% CBD / 1:75 Ratio THC:CBD

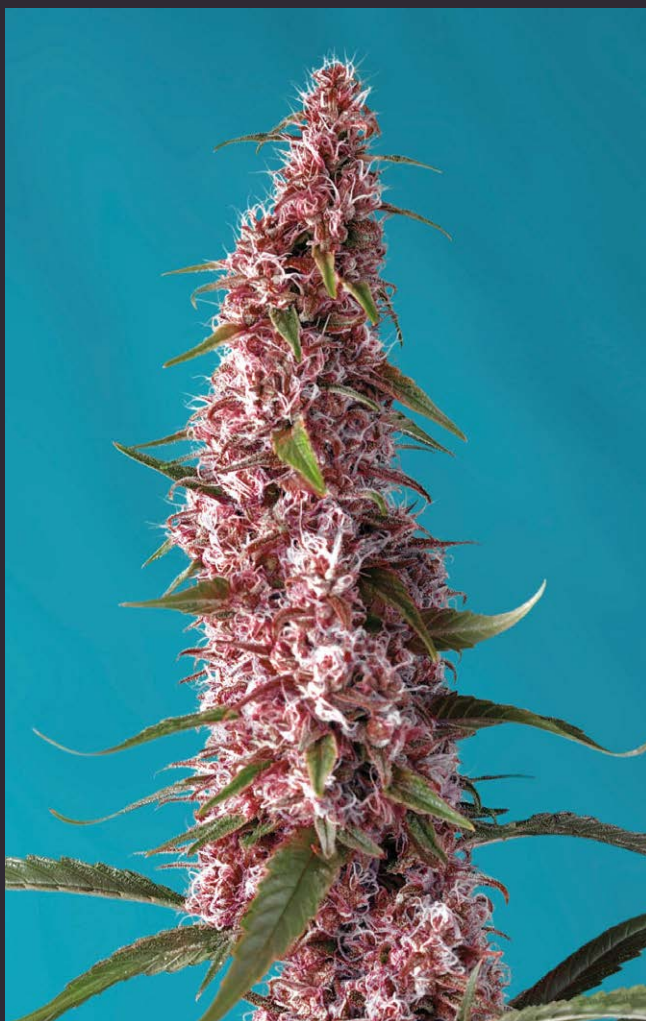
Red Pure Auto CBD®

Grow Report

Every once in a while a cannabis strain shows us the power to become a great delight for any of our senses. With Red Pure Auto CBD® (Sweet Seeds® variety SWS81) you can get all the pleasures that the cannabis plant has to offer, without experiencing the psychoactive effects of THC.

It is fast, sweet, easy to grow and features an amount of CBD that turns it into an outstanding option for therapeutic and medicinal cannabis users, along with users who enjoy THC most of the times but also like to have the option of smoking/vaporizing their delicious weed without getting high in specific activities.

And that's not all. About 95% of the specimens develop the most gorgeous purple flowers that I've ever seen in a cannabis plant and this is also a therapeutic feature, as you can read next.



Personally, I prefer my cannabis with high THC. But that is just a preference and many times I also enjoy to have some flowers without any psychotropic effects, for some special occasions. When you are going for a family dinner or in any other situation when you feel like smoking some cannabis without getting high, it is very useful to have a jar of CBD-rich cannabis buds. Furthermore, in 2019 I tried Sweet Pure CBD® (SWS65) and I got really sad when my jars were empty of this strain, because it was ideal for any night before an important day. I remember that it allowed for a pleasant and refreshing night of sleep, making it so easy to wake up totally focused and concentrated in morning activities of any kind. In the human body, melatonin levels are very high in children and then in midlife they start to drop, meaning most adults find it more difficult to have a good sleep than they used to when they were younger. With CBD-rich strains we can re-balance this issue and get proper sleep, which significantly contributes to a stronger immune system.

Hoping for some stash with a similar cannabinoid profile and similar effects, I decided to give a try to the brand new Red Pure Auto CBD®. This strain is the resulting hybrid from the cross between the previously mentioned Sweet Pure CBD® and the amazing red-flowered classic Red Poison Auto® (SWS39). It features very low THC levels, standing between 0.4% and 0.5%, and high CBD levels of between 15% and 17%. This is a THC to CBD ratio of between 1:15 and 1:20. As I didn't need a big harvest of CBD buds, I only sprouted 4 seeds for a fast grow operation in my old 60cm x 60cm x 120cm grow closet. With this, I have enough production for 1 or 2 years of my high-CBD flower consumption and I can keep with my traditional high-THC grow operations for the rest of the season. It was a lot of fun, as you can check next.

The 4 seeds sprouted in between 48 and 72 hours. They were then placed in the first pots of only 200 ml, where they stayed for the first 15 days. While they were in the first pots I used my 100w High Pressure Sodium lamp, because in the first stage of growth the plants can benefit from a lower distance between them and the bulb and such a low potency HPS light system produces very few heat, so we can have the top of the plants closer to the lamp. With this, we avoid the initial stretching in search for more light, so usual in cannabis indoor growing. Once they achieved to the third week from germination, I transplanted them to their final pots. And this is where I decided to give them all the space possible for the root development, using the biggest pots possible according to the area of the closet. Four pots of 20 cm x 20 cm, with a capacity of 30 liters, filled all the horizontal area available.

But of course, for such amount of soil with autoflowering strains indoors, one has to give them as much light as possible. So I used my 400w HPS system, which in such a small closet is the equivalent to using 1200w HPS in a 1m2 area. This means that professional air extraction and appropriate air circulation is a must, or else the heat can become unbearable for the plants, even grown in the peak of the winter as in this case. So, as usual with this closet and light setup, I used a RVK extractor for constant (24/7) air renovation and two Sunon fans for air circulation inside the growing area. It was enough to keep the temperatures under 28° C at all the times of the grow operation. At day 23 from germination they were already in their final pots and the structure of the plants was already adequate for flowering to start. The plants started to show the first flowering signs at day 27 from germination, a time when



they were already showing 4 nodes.

In the first two weeks of flowering my four Red Pure Auto CBD® kept stretching a lot, developing many side branches strong enough to hold a bunch of heavy flowers. The main colas were also very promising already. That's the result of high potency of light and a lot of space for the roots to develop within a high quality soil mix. Resin production started at day 37 from germination, when pistil development was at its peak. That's when the first sweet aromas started to become noticeable in this wonderful strain from the Sweet Seeds® genetic collection. Although not possible to identify at this stage, a remarkably pleasant fresh pine touch was already there. As I used a soil mix very rich in nutrients, to which I also add some worm humus and powdered bat guano, the plants were still all green at day 42 from germination, even in the lower flowers. So I decided to avoid using liquid fertilizers and only used liquid bat guano for two times, one at day 42 and the other dose at day 49 from germination.

When the buds were 50% formed, one of the plants started to show some beautiful reddish tones. It was day 45 from germination. The other 3 plants showed these tones one week later, at between day 50 and day 54 from germination. Observing the trichomes with the macro lens of my camera was definitely entertaining, as you can see in the photos. All of them were red or purple in their base, with a very beautiful contrast in regards to the leaves that usually remain green in this strain. Only the calyxes showed purple shades, making the plants even more gorgeous. Has stated in the Sweet Seeds® catalog and official website, approximately 95% of the plants acquire red or purple tones in their flowers, so I was lucky enough to stay within the 95% range, as all the four plants showed these appealing colors. The red or purple tones are caused by a anthocyanins, which are pigments that color certain plants in their leaves, flowers or fruits. Scientific studies have shown that their consumption is beneficial for humans as it is a powerful antioxidant.

After the 55th day from germination the flowers started to achieve maturity very fast. The four plants showed the

traditional shape of a pine tree, like most other Indica plants, with a large main cola and at least 5 great side branches per plant. In the last two weeks the aromas became as amazing as the wonderful colors. This "pure CBD" autoflowering strain released the most delicious earthy aromas, with shades of fresh pine and cypress hints along with a background of fruits of the forest. One of them was more on the fruity side and the aromas were reminiscent of strawberries with some hints of mint. At this point the lower leaves started yellowing, which is actually desirable at this stage.

Between day 62 and day 68 from germination, the trichomes of the four plants showed clear signs of maturity and they were all harvested at day 69. A few days after the 9 weeks listed in the data sheet of this strain, but it was a personal decision, as they were mature enough to be harvested with 9 weeks. The four plants ended up with heights standing between 40 and 45 cm, right in the limit that my 120 cm closet allows for, as we have to use 25 cm for the pots and 30 cm for the reflector and bulb. After 12 days of drying and 14 days of curing, the flowers were at their best. The buds were so compact that they seemed to expand after going around for a couple of times in the grinder.

The smoke report was super pleasant. While grinding the buds some lovely scents of strawberry and blueberry filled the room. The smoke shows us a more acidic side of these aromas, but totally on the pleasant side, with a persistent taste that you can still feel until 10 minutes after smoking or vaporizing some calyxes. Then comes the effect... When you think you feel nothing, a sense of tranquility and relaxation fills your body and muscles. Then the mind also calms down a lot. A perfect setting for some meditation or for a good night of sleep. Or, as I said in the beginning, an ideal effect for these times when you want to feel the good taste of cannabis without getting high. In just a couple of months I managed to fill four jars with real medicine that will last for at least one year of the sweetest weed on earth without any psychoactive effects.



sweetseeds.com or visit our Facebook page: facebook.com/pages/Sweet-Seeds

Words by Tommy L. Gomez

Pics by Tommy L. Gomez and Sweet Seeds®



**BARNEY'S
FARM**

SINCE 1986

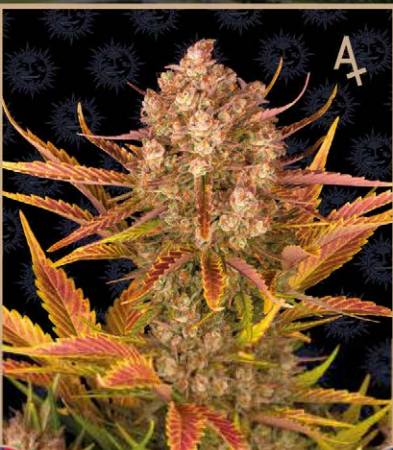
New **GORILLA ZKITTLEZ AUTO**

TM

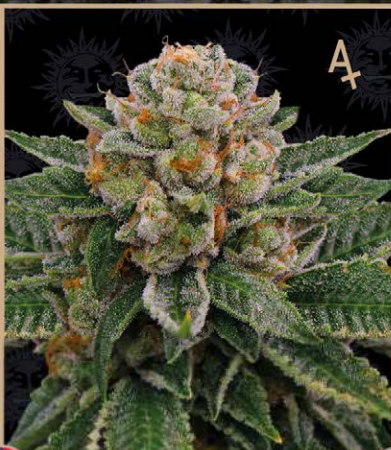


FIND YOUR NEAREST WHOLESALER & RETAILER

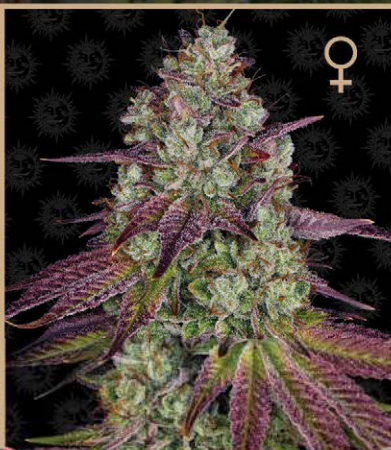
WWW.BARNEYSFARM.COM



DOS SI DOS AUTO



SKYWALKER OG AUTO



MIMOSA EVO



WEDDING CAKE AUTO

NO MORE SEEDS TO SOW?

BY PSY-23



Image: Isabella Mendes

Over the past few decades, Dinafem and Humboldt Seeds have become widely applauded for their tireless efforts to bring a multitude of seeds to the masses. Countless strains have ushered forth from their hallowed halls over the years, winning them fans the world over for their trusted genetics and consistent results.

Frequently praised for their outstanding feminized and autoflowering seeds, these seedbanks have become synonymous with high quality seeds at fair prices and this has led to them being recognized as some of the best in the game.

Incredibly, everything came to an unexpected and catastrophic dead-end in mid-September and there's still no sign of a solution almost two months later.

Weed World were contacted just after our last issue went to print by representatives of Pot Sistemak S.L., a global company who specialize in the sale and distribution of seeds, grains and other agriculture related products, who are the parent company of Dinafem, Humboldt and various other companies. In the press release they issued, they outlined that as of September 16th of 2020 they have found themselves under judicial investigation by the Spanish authorities. At the time of writing, the exact details of the investigation are still relatively opaque but the main focus seems to be the prevention of any future sale of cannabis seeds to any retailers and providers. While the investigation is ongoing all of the company's finances have been frozen. The impact of this on the community obviously has the potential to be huge as there will be no avenue for stores and retailers to resupply once their stocks are diminished. Furthermore, almost all of the nearly 100-strong team have been temporarily suspended from their roles at Pot Sistemak S.L. at a time when the global economy and jobs market is taking a huge hit from the impact of the ongoing Covid-19 pandemic. As if that wasn't bad enough, they have also been forced to suspend all laboratory testing and research into cannabis, including their work with the University of the Basque Country (UPV/EHU) where they were working with esteemed colleagues across multiple specialist fields. This means a significant delay for future progress in their various research fields, which is a bitter pill to swallow for all of us.

Legal teams are working night and day in an effort to unpick all of the various points of this judicial intervention. To the best of our knowledge, there have been multiple arrests made in relation to this investigation and the authorities have seized somewhere in the region of 20 million seeds along with freezing funds and assets associated with those at Pot Sistemak S.L.. In spite of the fact that the sale of seeds is not classed as illegal under the provisions of the 1961 Single Convention on Narcotic Drugs, the entire case seems to be built around demonizing those involved in the sale of seeds. The range of accusations is staggering and some of those accused now find themselves facing charges of crimes against public health, money laundering, electricity fraud and running a criminal organization. The police also seized more than two thousand seedlings from producers who are accused of 'supplying' the criminal organization.

As you would expect, this has been a crushing blow for all of the individuals involved and it has been a traumatizing experience for them to suddenly find themselves targeted

by the authorities after more than 21 years of operating with full transparency. Many other companies have expressed their concerns that this action may just be the tip of the iceberg and it begs the question of what comes next in this assault on the industry.

When you consider the ever-expanding and increasing level of revenue and taxation which is pouring into and out of the cannabis market, it's surprising to see this kind of action taking place. By their own admission, Pot Sistemak S.L. has put more than 2 million Euros back into the country through taxation last year alone and as their efforts continue to expand they were projected to be even more significant contributors in the coming years.

Unsurprisingly, this blatant attack on some of the foremost seed banks in the world has sent shockwaves through the entire industry. Many others in the industry recognize Dinafem's stellar work and ethics and see this attack as an assault on the whole of the Spanish cannabis industry. The big question now is what happens next? Is this 'big fish' going to be the first of many or a 'trophy kill' to display for years to come? Are smaller suppliers, seed banks and retailers going to find themselves squirming under the microscope in the near future and, if so, what's the endgame of all this?

Some people hypothesize that this is all part of a much bigger chess game which will lead to 'apparent legalization' under incredibly restrictive government control. If this is the case then there's no real way of knowing what this means for the future of seed banks as we know them and the wider implications for the global community could be far-reaching. Reports indicate that there are already some tentative steps towards an industry which ignores those who have built it from the ground-up in favor of new companies with close ties to the government. Some of these include companies involved in phytopharmaceuticals who have already managed to secure contracts that allow them to export cannabis-derived products to other countries. With this in mind, it's outrageous to see well-established companies being put under excessive scrutiny.

At the time of writing, accessing the official websites for Dinafem leads users to be greeted by a banner explaining that all sales are frozen and nothing can be purchased. Only time will tell how long this saga continues. Whatever happens, it's certainly a worrying time for all involved and our thoughts and best wishes go out to all those affected by this terrible news. We'll keep you posted as we know more.

From Despair To Repair

by Dee Mani-Mitchell

British born Gemma Mackay wholeheartedly and openly admits that if it wasn't for cannabis she perhaps wouldn't be alive today. Gemma's story is similar to that of many others in the fact that self medicating with cannabis was the only way out from living with the tumultuous and torturous trauma of the past.

When I asked Gemma when her issues first began, I wasn't expecting the reply of "before birth!"... Gemma's mother was in an abusive relationship and the abuse was so severe that it had left the womb riddled with anxiety, you may be reading this and thinking that unborn babies don't have the ability to inherit trauma from the mother, but you couldn't be further from the truth.

Early pre and post natal experiences, including early trauma, are encoded in the implicit memory of the fetus, located in the subcortical and deep limbic regions of the maturing brain. Research has found that the limbic system, when interrupted during early developmental stages, can contribute to PTSD and mental health problems later in life, as it's a region for emotional regulation. Such memories will travel with us into our early days of infancy and beyond and, more importantly, these early experiences set our ongoing physiological and psychological regulatory baselines, which, in a nutshell, means the experiences we have in the womb already start to set the course for how our bodies and our minds will respond to the world once we are born and later on in life.

Of course, Gemma doesn't remember much of her early years of life, however at 3 years old more subconscious trauma embedded itself when Gemma's mother dropped her off at nursery and never went back to collect her, that was the last time Gemma saw her mother until very briefly at age 22 for an awkward moment. Her mother's disappearance left her to be raised in Jamaica by her

abusive father and stepmother. Her father was emotionally absent from Gemma's life and he ignored the fact that his wife was also physically abusing Gemma. This horrendous upbringing, which went on for 9 years, ended by being sent to boarding school in the UK. Then, once that was over, at 17 Gemma's dad had instructed she was to be cut off from the family, obviously on the direction of his evil, manipulative wife.

Many years later into adult life, whilst still scarred from her childhood, Gemma returned to her dad's licensed cannabis farm in Jamaica to help look after the business as he was out of action.

Gemma believed this could be an excellent opportunity for her to bond with her father to help free up and come to terms with the childhood trauma. Amazingly, she was successful in creating the first clone shop on the island which also led her setting up a new business called "Girls Who Grow" with the aim of connecting female growers across the globe. During this time, she also created a range of topical creams to help people get rid of liver spots and help with other minor skin conditions, the ailments range took off super quickly, so Gemma decided to have some official training in an American extraction facility. On the back of that training, she bought extraction equipment and set up a small oil production unit back in Jamaica.

Gemma couldn't believe how well she was doing on the farm, and had high hopes, dreams and ambitions of eventually expanding her newly taught knowledge into the mainstream. Sadly, all her hard work was quickly put to an end when her father literally threw Gemma and her 2 young children out onto the streets. Penniless, homeless and

desperate - there was no other reason for this treatment other than the fact that his wife was jealous of Gemma's success. Despite trying to make amends the next day, his decision was made!

The time on the farm was more than just work for Gemma: it was a way of allowing her father to mend some broken bridges from the past. She truly believed that they could lay their history to rest and bond for the sake of his grandkids, however this latest insult was the final straw for Gemma and she promised herself she would never allow him to let her down again.

Miraculously, she managed to get herself and her children back to the UK with the help of



some close friends and eventually set up home and started work. While she appeared to have her life back on track, in the physical sense, deep down her mental health was shattered and deteriorating fast due to her lacking a sense of self-worth. Every day she got into her car, she hoped and prayed for a crash - not wanting to see another day. There was nothing she hoped for more than to end her life.

The thought of leaving her children motherless was the only thing that had stopped her from causing a fatality, which she now can look back on and admit that her children were the only reason she didn't actively take her own life!

For a while, whilst having to deal with the rejection from her father all over again and the hurt and humiliation from her stepmother, she felt completely helpless and numb. She could feel her headspace wasn't in the right place and she believed deep down her children would be better off without her. Frightened that she may one day become too mentally sick to prevent her own suicide, she decided to seek medical help. The ideology was to have some anti-depressants for a quick fix, believing that she would be in control of when to stop them (as soon as she felt better).

The reality of her plan was a stark contrast. Whilst prescribed a very high strength of meds, Gemma had an adverse effect and became lost in her mind, crying non-stop. The only feedback from her doctor was to give them more time.

Whilst feeling suffocated from the scenarios that constantly played out in her head, coupled with a lot of self loathing and damage, sadly she had a psychotic episode and ended up smashing a glass on her head after she was convinced she saw the walls bleeding. The self destruction resulted in 22 stitches and a scar for life - both physically and mentally.

That was probably the wake-up call Gemma needed: she realized that her children were growing up without their mother. Yes, she was around in the physical sense, but mentally she was far removed from considering herself to be the best mother she could be and the reality that she could end up traumatizing their transition into adulthood, as her parents had carelessly tortured hers, became a catalyst to change.

Gemma decided the best course of action was to ditch the anti depressants and take matters into her own hands which is when she started self medicating with high doses of high strength CBD oil. After just a few short weeks, she could think straight and see clearly, she admits that she was finally well enough to get to grips with putting her mental health before anything else. This was all thanks to the CBD oil she was taking.

Sadly, after her breakdown she lost her job, which made her even more determined to get her life back on track and moving forward. She was totally alone and her kids solely depended on her, she had no support other than the medical support from the CBD oil.

After her time in Jamaica, she understood the intricacies of business, she also understood how it felt to be totally alone and confused in your own head with no help from the authorities, this is when she decided to set up on her own and essentially allowed her to kill two birds with one stone: being able to financially support herself and her children and being able to help others that were suffering from mental health issues.

Gemma knew that there would be so many others feeling exactly the same way she had and, after managing to gain control of her life back from the help of cannabis, she knew this was her goal. Her experience on the farm and the teachings on oil extraction were the two drivers in setting up a business called Cannabina, where she would produce and sell her own CBD products.

As Gemma was growing and improving in herself, so was her business. She spoke to so many people with raw first-hand experience and was loving the fact that she could be there for people that seemingly were failed by the medical industry.

Gemma grew her life having no-one to rely on with no first hand support from anyone. She didn't want anybody else to ever be in the same situation, and she admits the feeling of loneliness was the worse. Without wanting to burden any of her friends with her issues, she simply felt it was better to hide away and deal with her demons quietly in private. Of course, if she had a supportive family Gemma

feels her troubles wouldn't have escalated as they did, which is why the cannabis industry became her family community and she became an extension to her clients' own families, helping them through such difficult, dark, depressive states. This dedication and loyalty is what drove Gemma's business to the next level, being totally supportive first and foremost, where most other companies are naturally concerned only with profits.

Gemma has since expanded her range to include skincare products and is now also a business partner to the My Way CBD brand. From the depths of despair to the height of repair - cannabis truly gave Gemma her life and soul back.



HIGHLY RECOMMENDED

Written by Psy-23

I always find it interesting to stay involved in literature associated with the cannabis scene and I'm always keen to see what's new and if there are any classics that have passed me by (or even just those that deserve another read through). I've thoroughly enjoyed reading about copious strains, the incredible experiences of those involved in the scene and the weird and wonderful history of everyone's favorite plant, but recently I was made aware of a new book which sounds more than a little different.



Over the years I've read many books which deal with the experience of getting high via various mediums, including the incredibly intriguing *Doors of Perception* and *Heaven and Hell* by Aldous Huxley, and these have provided me with insights which can be compared and contrasted with my own experiences with psychedelics, narcotics and, of course, cannabis. Whether it's sharing in the experience of another or trying to make sense of what happened during the high, exploring the depths of another's reality can be an incredibly enlightening and often grounding experience. From the abject, surreal madness of Hunter S. Thompson's writing through to the joys of Kerouac, countless readers have found solace in the collective unconscious that comes with breaking down the boundaries of our perceived reality through the consumption of various remedies, medicines, plants and narcotics.

In what seems to be a world first, a young writer from the Czech Republic has decided to evolve the idea of writing whilst high (or at least writing about being high) into something which is an entirely different beast. Vladimír Hločky's new release is a short collection of individual writings that are intended only to be read whilst under the influence of cannabis or other psychedelics. The book carries clear instructions that it should not be read under any other circumstances. What's even more intriguing is that each of the chapters (12 in total) has a different focus and a specific set of instructions and criteria that the reader is required to abide by in order to get the most out of the experience. It's important that these are followed as the book builds upon crucial ideas as it progresses and each chapter is designed to take you to a different spiritual plane or stage of self-discovery.

From what I can gather from the preview chapters and the press release (as I am currently waiting to get hold of my own full copy – expect a review next issue), the idea here is that by following the guidance carefully and allowing yourself to settle into the influence of the writing you are guided on a personal journey through self-discovery and a greater sense of enlightenment. Some of the earlier chapters are dedicated to the idea of being present in the moment with no consideration for what has gone before or what will come next and act as an entry point to the later readings. In essence, Hločky wants us to gain a better understanding of our real place in the universe, away from the social restrictions and falsified concepts which make up much of what troubles people mentally, emotionally and spiritually. By using themes and concepts that we are familiar with he manages to put the reader at ease before transporting

them to distant lands and guiding them through a myriad of contemplations en route to their chosen destination. On paper it sounds slightly awkward and confusing, but it's quite an achievement once you see it for yourself.

According to the young author, the concept of this book came to him after he had undertaken two solo Ayahuasca retreats and become more in-touch with his self and the potential for him to utilize his imagination to great effect. Having seen the shifting social attitudes towards cannabis and other naturally occurring substances, he felt the time was right for him to share his own personal experiences in the hope of helping other people to attain a higher sense of self and deeper spirituality. It's apparent that these experiences have had a profound effect on the author and he writes with eloquence, emotion and a maturity which seems to be way beyond his years. His views of the universe are quite profound and if you approach this book with an open mind there is plenty to appreciate and enjoy.

Throughout the book are footnotes and additional points of guidance which inform the reader of recommended songs to listen to for each chapter along with links to find them online – I have to admit that I was quite excited by the concept and it reminded me of using Alpha wave frequencies in music to establish a sense of serenity and calm. In a similar way to guided meditation, his words draw you in slowly and seem to gradually bring you into a trance-like state. If you've never dabbled in deep meditation, holotropic breathing or experienced any sort of 'trip' then you might potentially find the experience a little overwhelming or hard to get to grips with but if you persevere you might find yourself coming away from this experience with an altered perception.

Currently, the book is available as an e-book online, but the author has plans to potentially release an audiobook in the future alongside physical copies of the text. He also recognizes that sometimes the reader might be slightly over-zealous in preparing to read and might end up getting higher than intended, which could have a negative impact on their ability to read effectively and comfortably. In this situation, he recommends the use of a text to voice reader (he also indicates that some people might actually prefer this approach as it can be an even deeper and more meaningful experience if the reader can relax themselves to a greater extent (not always that straightforward when you've smoked a bowl and can barely focus on the room, let alone text on a screen). If you're the kind of person who likes to explore avenues new and you're looking for a new way to enjoy your cannabis then this is certainly worthy of a little exploration. See you on the other side.

Weedlive
podcast



All things Cannabis Conspiracy and Comedy

**Live chat and Zoom call-ins
from around the world**

With your hosts:

**Rage Maddness
& Frank La Froscia**



dLive
.tv/weedlive

**NEVER
MISS AN ISSUE!**

Download magazines
direct to your tablet
or smartphone

Control every aspect of
your subscription online
and with ease

Stock the entire library
of Weed World
magazine back issues



WEED WORLD MAGAZINE.ORG

VISIT US ONLINE AND DOWNLOAD ANY ISSUE OF WEED WORLD!



weedworldmagazine.org/weed-world-tv

Welcome to Weed World TV, the official video channel of Weed World.



MEDICAL CANNABIS



Recently Added



**WEED WORLD
TV**

- Mini Documentaries & Reports
- Interviews & Grow Journals
- Product testing & Reviews



Mmmmedical Edibles



How to Dab with Hash



Joy Craig - PTSD

**ORGANIC CBD
TINCTURE**

**PRICE
DROP!**

**1000+mg of organic CBD in a 10ml bottle
of cold pressed organic hemp seed oil.**

**How is WPE different from
other CBD oils?**

You are not getting the full support of the plant by isolating one cannabinoid. WPE's products have a combination of organic whole plant extract CBD/CBDA full spectrum crude oil PLUS cold pressed organic hemp seed oil.



WPE'S TINCTURE AND BALM ARE AVAILABLE FROM:

WWW.WEEDWORLD.CO.UK



by Sharon Letts

MARELYN SHAPIRO

Granny Buds Farm, Chicken Rescue & Dog Hospice

“Incredibly Miraculous Salve”

Originally from Berkeley, California, longtime cannabis farmer and caregiver, Marelyn Shapiro, moved her family of six to Las Vegas Nevada to care for her ailing parents.

In a few short years the residential home soon became Granny Buds Farm, Chicken Rescue & Dog Hospice, with her family caring for a multitude of wild and domestic animals, using plant-based remedies.

Mother now to seven Foster kids with significant issues and needs, Shapiro is no stranger to caregiving on a grand scale. Add a menagerie of animals, and she's considered a miracle worker - but she'll tell you, it's all about the plants.

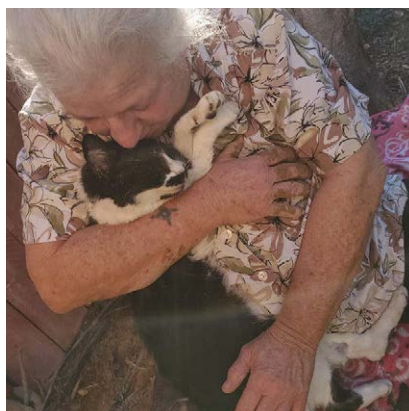
“When we moved onto the property there was just a house, some lawn and a few trees,” she said. “It wasn't much, but in a few years we had fruit trees and were growing our own vegetables.”

Shapiro said she returned to growing cannabis after a long break when the kids were young. Today, the farm is a fully functioning, remedy-making endeavor, with everyone involved in every aspect.

“The kids have learned about farming, drywalling, irrigation, and painting,” she explained. “They build chicken coops, and help build grow rooms and install irrigation for others in the community. Everything we make goes back into the animals and the farm.”

As special needs kids, Shapiro said caring for animals was the best therapy they could have received. Her own first rescue was a kitten, and said that when the kids were small she rescued kittens as therapy for them.”

“My son Shamar is my right hand, but when I adopted him at three years old, he was considered a feral child,” she said. “I believe that farming of the cannabis plant and caring for animals helped all my children more than anything could have. Today, Shamar is the manager of the farm.”



Rescued with Weed

Shapiro and family make a variety of remedies, including strong cannabis oil, tinctures, and topical salve; growing all cultivars themselves on the home farm.

Her salve recipe was created when a horse they were called on to care for at a nearby farm required a large amount of topical salve, suffering from a bad skin infection. There was also a donkey nearby, with an infected open wound that was infested with flies.

After cleaning them up they made a huge bath of salve and applied it to both their wounds. Upon returning to the farm the next week, both were found healing nicely, with no sign of infections.

Another seemingly miracoulus rescue was with a wild bird in very bad shape, referred from a nearby veterinarian's office (pictured).

“We worked on him for seven hours. He ate a tiny bit of the salve, but we couldn't get him to open his eyes or eat again,” she shared. “Then, he started to recover, jumped off the table, and was immediately in the mouth of one of the dogs!”

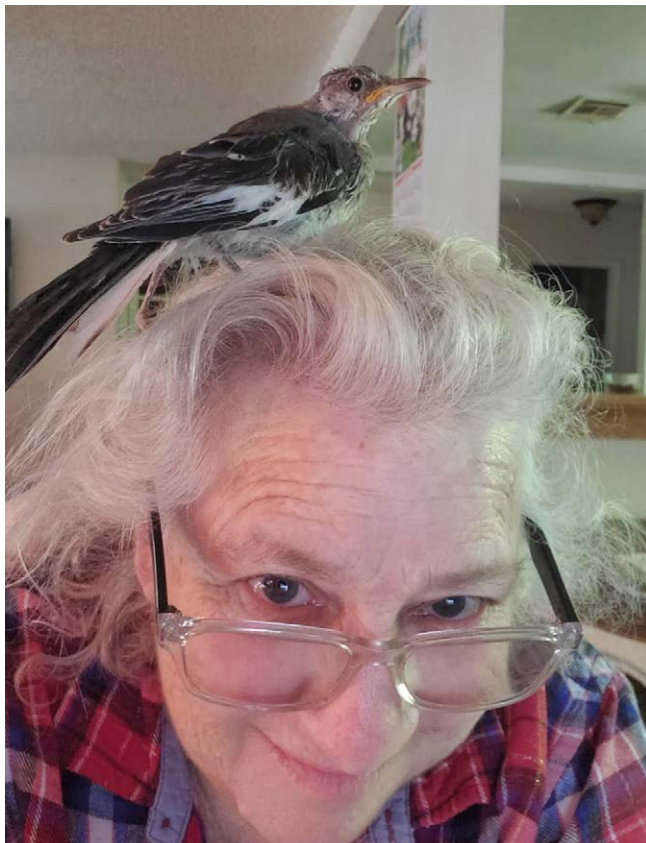


The tiny bird was rescued in seconds, but did not escape severe injury. Again, they worked on him for three more days. After “leaving no stone unturned,” (which included physical therapy), on the fourth day the wee thing stood up.

Author's note: Cannabis oil has been shown to replace antibiotics. Using cannabis ingested in conjunction with the pharmaceutical keeps the immune system healthy, counteracting the negative effects, as antibiotics kill good cells along with the bad, or infected cells.

Author's note: Cannabis oil has been shown to replace antibiotics. Using cannabis ingested in conjunction with the pharmaceutical keeps the immune system healthy, counteracting the negative effects, as antibiotics kill good cells along with the bad, or infected cells.

“He started flapping his wings when I went to the cage - just like they do when mommy approaches,” she added.



Shapiro named the salve, Incredibly Miraculous Salve, because it's said to work like a miracle.

"The cultivars I use for the salve are Ringo's Gift high CBD, Critical Mass, CBD Kush, and Critical Cure," she explained. "But, I also add other beneficial plants, like lemon verbena, rosemary, lavender and ginger - each with their own medicinal properties."

Ringo's Gift was hybridized by longtime Southern Humboldt cannabis farmer, the late, Lawrence Ringo, who we lost just a few years ago. Interesting to note, it was Ringo's cultivars that would become Charlotte's Web of Denver, Colorado. The relationship to Ringo could not be stated, as it's against Federal law in the U.S. to transport plants or material across state lines.

Her topical salve, she said, has treated numerous animals and dogs both by topical use and ingesting - both in mild and severe cases.

"We've used this salve for everything from the pain of arthritis - both in humans and animals," she said. "This salve has actually healed every skin condition we've ever treated, including infections, psoriasis, eczema, nail fungus, burns, reduces wrinkles, treats mild cancers and lesions on skin. It also helps to grow back fur and feathers in animals - and hair in humans - which is pretty remarkable."

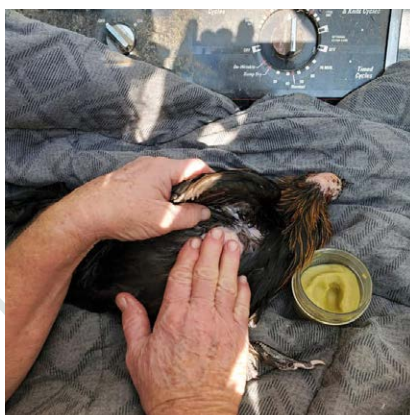
Shapiro said they also dose dogs orally with the salve, relieving anxiety for trips to the veterinary's office and car rides in general. It also calms during noisy events, like 4th of July fireworks in the U.S. - and says it works in the same way for humans.

"It's really not a miracle, she surmised. "The cannabis plant, and so many other plants, are medicine. We've just been distracted from the garden, and tricked into thinking it's wrong. Before the kids, I lived covertly, with a secret grow room in my basement with a hidden door. Today, we live in a legal state and my grown kids are a big part of the farm and the healing that happens every day here. That's the miracle."

Granny Bud's Farm Incredibly Miraculous Healing Salve (for people and animals)

Granny uses approximately 65 percent flower, with the following herbs equally divided:

- High CBD and High THC cultivars of Cannabis
- Lemon Verbena
- Rosemary
- Ginger
- Lavender flower
- Coconut Oil (to cover)
- Beeswax (small amount)



Place all ingredients (except Beeswax) in a Crockpot, filling 3/4 full. Cover with Coconut oil. Cook on high for 2 hours, then switch to low for five hours or more. Strain while hot so liquid filters easily through five coffee filters (or fine mesh, or nut bag) If it cools, it thickens. Pour back into the clean crockpot, now that it's filtered and reheat on low. Melt a very small amount of beeswax in a small pan on the stove to blend. Pour beeswax into coconut oil mixture, put into containers, label and enjoy.

Like many recipes in previous issues, this recipe is organically made and intuitively measured.

Marelyn Shapiro please requests, if you make this salve that you kindly label it accordingly, give her credit and make a donation to the farm, if you are able.

Follow Marelyn Shapiro on Facebook.

For more information about Granny Buds Farm or to make a donation, visit, grannybsfarmandchickenrescue.weebly.com

BUY 1 GET 1 FREE

ON ALL SEEDS AT
WEED WORLD.CO.UK

Promo code: Jan21

Order online, or call 01974 821 696
ORDERS@WEEDWORLD.CO.UK

WEED WORLD.CO.UK

*Choose from the featured seedbanks only. Discounts cannot be used in conjunction with any other offers, promotions, coupons or discounts. Weed World reserve the right to modify the terms of this offer at any time. Subject to availability, while stocks last.

RE-DEFINE THE NORMAL
THE REVOLUTION HAS BEGUN



Worldwide Exclusive Partner

Near Dark

SMOKING PARAPHERNALIA
www.neardark.de

Retail

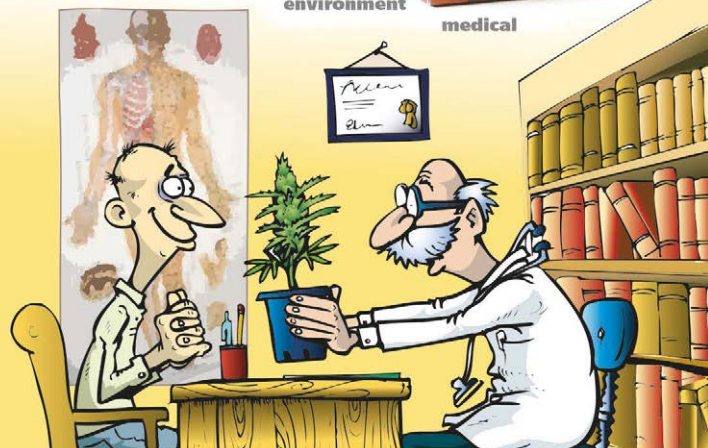
Black Leaf

www.blackleaf.de

why not?

Rolling papers collection by

UAMART.net



www.whynotshop.ch



**AMSTERDAM
SEED CENTER**

- ✓ THE BEST SEEDBANKS
- ✓ 1500+ CANNABIS STRAINS
- ✓ DISCREET WORLDWIDE SHIPPING
- ✓ FREE PROMO SEEDS

CONTACT

Gravenstraat 12, 1012NM,
Amsterdam, The Netherlands

info@amsterdamseedcenter.com

00 31 (0)20 737 00 60

Our shop is opened 7 days a week
from 10:00 till 19:00



FOLLOW US



ORDER ONLINE

WWW.AMSTERDAMSEEDCENTER.COM





HEMP FARMING OPPORTUNITIES BROADENED

AFTER EUROPEAN PARLIAMENT INCREASE EU THC LIMIT TO 0.3%

Written by Bethan Bee Rose

A unanimous decision made by leading members of the European Parliament has authorized increased THC (tetrahydrocannabinol) levels for industrial hemp “on the field”. The successful vote, which was spurred on by advocates affiliated with the European Industrial Hemp Association (EIHA), constituted a Common Agricultural Policy (CAP) reform.

Based on the new rules – enacted by the Parliament on October 23, 2020 – the permitted level of THC that can be contained in EU-grown hemp has spiked from 0.2% to 0.3%. The recently adopted THC limit will act as a catalyst for the European Council and European Commission to organize tripartite meetings (essential for ensuring such acts are properly adopted in the EU).

“Finally, the EU has a level playing field again with the global industrial hemp sector,” EIHA President Daniel Kruse told reporters, at which point he described the EU THC limit increase as an “historic moment for our industry, for our farmers, for a green future and for all Europeans.”

The EIHA – formed almost 19 years ago and officially established in 2005 – and hemp producers have long been pushing to amend THC levels for European-grown plants; the Association argues that increasing the THC limit will not cause increased safety risks, nor have a noticeable impact on illicit cannabis production. Constructive collaborations with MEP’s have finally resulted in a greater variety of plant-growing opportunities — something that will now be adopted by the CAP.

Previously, the original Commission’s proposal on CAP Strategic Plans revealed that (allowable) varieties cultivated

in Europe must be yielded from seeds with a THC content below 0.2%. As a psychoactive cannabis compound that can cause a consumer to experience impaired judgment, THC levels must not exceed required limits.

What does this mean for the European hemp industry?

Prior to the European Parliament amending the continent's THC barriers, producers of CBD (cannabidiol) oil were limited in terms of what they could churn out for the nascent market. The reason for this is because CBD levels inflate in proportion to the levels of THC contained in hemp plants. With that being said, developing highly sought after CBD strains has been an impossible task for researchers and scientists operating in the EU.

It should be noted that, in spite of the fact that hemp strains do not grow with copious amounts of the mind-altering substance THC, there is a possibility that hemp can exceed the 0.2% limit. Consequently, an abundance of fast-growing hemp strains from Eastern Europe have not been feasible options for farming and production until now.

Research published by the Orian Research Group showed that the market size for CBD in Europe – valued at around €450 million – constitutes 31% of market share for the global CBD oil market. This is just 9% less than the 40% market share that has been gobbled up by North America.

Aside from the Parliament's decision to increase the EU THC limit to 0.3%, a successful vote also led to hemp's inclusion on a list of products that can be economically regulated via specific agricultural marketing and production standards. Included in the list of updated rules are a broad scope of norms related to the following aspects of the hemp value chain:

- Labeling and packaging
- Technical definitions
- Production methods and substances
- Farming techniques and locations

This advancement has also been swayed by the EIHA. Kruse says it “will give us a chance to gain momentum and catch up with the world.”

Industrial Hemp Limits Were Initially Imposed in 1984

If things are to get back to the way they once were, the German Parliament has some serious work to do. Why? Because back in the year 1984, THC limit values for

industrial hemp were capped at 0.5%. Government officials proceeded to cut the limit to 0.3% — a limit that was set in accordance with requirements laid out by the International Association for Plant Taxonomy (IAPT) from 1976.

Arthur Cronquist and Ernest Small are sure to be pleased with the updated THC limits for industrial hemp in the EU, since these two American plant scientists were responsible for collaborating with the IAPT to distinguish cannabis sativa (“hemp”) from cannabis indica (“marijuana”) with a dry weight THC limit of 0.3%.

Fast forward to the year 1999 and this was when the European Union tightened the permissible THC limit for hemp to 0.2% from the 0.3% recommended by the IAPT, with the primary goal of preventing industrial hemp fields from illegally cultivating potent cannabis. However, sufficient evidence to prove that this measure is/was effective remains non-existent.

European Farmers Can Overcome Cultivation Variety Restrictions

Demand for industrial hemp is on the rise in Europe. The majority of EU hemp production takes place in Lithuania, the Netherlands, Romania and France, the latter of which accounts for almost 50% of Europe's entire production. Furthermore, Baltic countries have emerged as the second largest hemp cultivation location in the EU.

Currently, European hemp producers are limited to choosing from just over 60 varieties of the plant. On the plus side, the updated THC limits will grant cultivators the opportunity to expand their varieties to as much as 500. Not only is the wider variety of plants a benefit for cultivators, but also the fact that many of those plants boast immense resistance to disease, a shorter harvest interval and stronger fibers.

Thanks to the new rules pertaining to European hemp cultivation, opportunities are sure to blossom (over the next few years at the very least). Data shows that European cultivation climbed by more than 50% since 2016, with European countries cultivating the low-THC plant on sites stretching over 50,000 hectares. To put this into perspective, this was a record achievement that accounted for approximately 20% of FAO-reported global acreage. In comparison with data published in 2011 – when hemp cultivation expanded over 8,000 hectares – the updated figures represent exponential growth.

To sum up this article, the EU has continuously pushed for the EU hemp market's growth over the last 20 years with the aim of promoting economic and social policy. However, as demand grows and prices gradually swell, a free market model is becoming the norm for the European market with greater demand and stronger prices being recorded there.

SUBSCRIBE TO WEED WORLD

SIX ISSUES FOR ONLY \$100/£35!

\$100/£35 SUBSCRIPTION PRICE IS FOR US AND UK RESIDENTS RESPECTIVELY. OFFER AND PRICE SUBJECT TO CHANGE.



**SUBSCRIBE today and receive your
FREE bonus copy of the last issue of
WEED WORLD!**

SUBJECT TO AVAILABILITY
WHILE STOCKS LAST



UK: 01974 821 696



orders@weedworld.co.uk



weedworldmagazine.org



Weed World, Tregaron,
SY25 6PX, UK

SEND COMPLETED FORM AND PAYMENT TO OUR UK OFFICE: WEED WORLD, TREGARON, SY25 6PX, UK



Please start my 6 issue (1 year) subscription to WW magazine.

149

My payment details are below. Please complete in BLOCK CAPITALS.

Delivery Address

Full Name: _____

Address: _____

Postcode: _____ Tel: _____

Email: _____

☐ **I am currently a subscriber** (please tick if you wish to continue your current subscription)

☒ **Cash** (INCLUDES 2ND CLASS P&P. PLEASE SEND CASH BY REGISTERED POST)

USA £77.00 ☐

UK £35.00 ☐

EU £55.00 ☐

Rest of the World £77.00 ☐

If you would like to order your subscription online, please visit weedworldmagazine.org

NO-TILL FARMING

*The Revolution
will not be tilled*

No-till farming is an agricultural technique for growing crops without disturbing the soil. Our good friend, MN Nice, explained it to us like this:

What happens in a redwood tree forest? Is anyone tilling the soil and cleaning up fallen debris? How do these trees eat and survive with no one to help them grow?

The answer is nature.

When you let nature run its course you can see the magic happen right in front of your eyes. Using this No-till style of farming you can literally help heal the planet while growing the cleanest garden in your own backyard and this is how.

WORDS & PHOTOS BY: MENDO DOPE



It all starts with your base soil, the foundation of your grow.

It is ideal to use your native soil but sometimes that isn't an option. What we have done in our personal grow is create a fresh start to build on using Big Rootz soil. When growing No-till it is all about feeding the soil - not the plant. The soil is actually breaking down nutrients which will then be available for the plant to uptake.

Through the use of dry amendments and teas you can literally bring your soil to life. Some of the amendments we like to use are Kelp Meal, Crab Meal, Neem Meal, Glacial Rock Dust, Bat Guano etc. These amendments provide all kinds of food for the soil to thrive on. Trace minerals, macronutrients, nitrogen, phosphorus and calcium are needed for your soil to become truly alive. Brewing teas is a great way to add more life to your soil and there are many great tea recipes you can use in your garden. We have always loved Extreme Gardening teas along with their Mykos and Azos. Mykos is a natural and organic species of beneficial soil fungi that collects and stores nutrients and water, thereby increasing the uptake of both. Azos is a natural, growth promoting, nitrogen fixing bacteria. Azos converts nitrogen into a usable form that is readily available to the plant. Compost teas are very beneficial to your soil life. Extreme Gardening has made it very easy for anyone to brew their own compost tea with their easy to brew compost tea kit. This special blend of organic matter has been shown to break down nutrients and make them available to your plant as well as increase microbial population in the rhizosphere. Another great tea we like to use is seed sprout teas (SST). You can use a variety of different seeds for tea brewing.

Alfalfa seeds are great for vegetation packed with nitrogen and enzymes. Popcorn seeds are another great source of enzymes that promote cell wall division helping increase yield. When making a SST you first need to germinate the seeds to activate the enzymes. When these seeds sprout you then blend them up and strain into your reservoir for feeding. 1 cup of popcorn seeds will be used for 10 gallons of water and 1 cup of alfalfa seeds will be used for 20 gallons of water. One of the main reasons for seed sprout teas is providing enzymes for the soil. Enzymes increase the reaction rate at which plant residues decompose and release plant available nutrients.

Another key factor in No-till farming is the use of worms and beneficial bugs. Red wiggler worms are excellent at breaking down decaying organic materials, creating a nutrient-rich substance for your garden. As these worms eat the broken-down materials their waste provides an optimal soil enricher called worm castings or vermicast. These worms work in many ways to loosen compacted soil and improve structure. They aerate the soil as they cut through and create their tunnels and burrows. As a result, both the organic and inorganic materials are constantly being churned up and down through the soil. If you take care of your soil properly these worms will breed and multiply year after year.

One of the most important steps in No-till farming is the use of cover crops. A cover crop is a crop of a specific plant that is grown primarily for the benefit of the soil. Cover crops are used to suppress weeds, manage soil erosion, help build and improve soil fertility and quality, control

diseases and pests and promote biodiversity. There are many cover crops that are ideal for cannabis farming and over the years we have dialed in to some that we really like and have seen great results. Clover is a great companion to have. There are many varieties including crimson clover, red clover, white Dutch clover and more. What makes clover a perfect cover crop to use? Nitrogen is accumulated in small nodules on the roots of clover as they grow. When the roots die, nitrogen gets released into the soil for other plants to use. Perennial clovers release nitrogen when they are chopped because a portion of the root system dies off when the plants are cut. Purple Vetch is another great cover crop we like using in our garden. This cover crop provides some of the same benefits as clover but grows differently allowing for better soil aeration and also a perfect habitat for beneficial predator bugs.

When growing No-till, it is all about staying natural and organic so the use of chemical sprays and poisons can be detrimental to your plants and soil life. This is why incorporating cover crops and predator bugs is so important. Predator bugs need a habitat to thrive in and breed if you want to see the best results. You want to introduce these beneficial bugs into your garden before you see a problem, therefore they need a place to call home. Cover crops provide the perfect habitat for these bugs to hang out and stick around. Some of our favorite predator bugs we like to use are prey mantis, lady bugs, green lacewings and the californicus. These bugs will help maintain everything from thrips, aphids, mites and many more.

One thing you need to keep in mind with No-till farming is you never want to let your top soil dry out. The majority of your soil life and worms live in the top 2 inches of your soil so it is very important to keep that top layer moist. To help with soil moisture we add a layer of straw over the top layer. This builds a safe habitat for your worms and bugs. By covering the top layer of your soil it helps contain moisture and also protects your soil life. Through organic No-till farming we can literally help heal the planet one garden at a time. No-till farming adds organic matter (carbon) to the soil while tillage removes carbon from the soil and releases it into the air as carbon dioxide. Sadly, modern agriculture was not designed for the betterment of the soil.

Bio sequestration is the storage and removal of carbon from the atmosphere by photosynthetic plants or bacteria. This is what the world needs to start focusing on. Creating a living top soil that is packed with microorganisms is our goal. We want to harness the soil food web and make it work for us not against us. We can fix a lot of our climate issues if we bring the carbon down into a living plant and put it back into the soil where it belongs. Through regeneration we can bring life back to the planet. Soil regeneration is creating new soil and rejuvenating soil health by minimizing the loss of topsoil, retaining more carbon than is depleted, boosting biodiversity and maintaining proper water and nutrient cycling. If we can all work together in changing the way we farm we can make a difference in our lifetime.

We highly recommend taking some time to watch the Netflix documentary "Kiss The Ground" to find out more about how we can help stop climate change and heal our planet. You can also learn more about No-till farming on our new "How To Grow" Mendo Dope DVD "No-till Revolution" releasing early 2021 on www.mendodopemusic.com



Praying Mantis



Cover Crop



Planters
of the trees



Soil Life



Building Soil

the CANNA RESOLUTION 2021

Written by Dee Mani-Mitchell

It's almost that time of year again, when most of us will look into taking part in the well-known tradition of New Year's Resolutions, the time where we commit to a promise to improve our life for the coming year.

Truth be told, many resolutions don't even get to see the light of day, after all it's the thought that counts, some may say, however after such a turbulent year when pretty much every single person has experienced some kind of upheaval due to the annoyance of the alleged pandemic, I think most of us will try to gain a hold of some control over our lives rather than the dictatorial rules from our governments. Perhaps an easier way to make sure we abide by our resolutions could be by incorporating some lovely cannabis for a smoother process. Here is a list of some of the most common promises and how cannabis can help.

LOSING WEIGHT

Always high up on the list, especially after the over indulgences of the Christmas festivities, however I think most people can relate that in 2020 we perhaps gained a little more excess than we normally would due to the never-ending lockdowns and lack of gym action. Ok, it's well documented that most people using cannabis will experience "the munchies" so let's first dive into that point as the munchies and dieting aren't quite a match made in heaven. So, here's the thing - or should I say here's the

scientific evidence to be more politically correct.

THC increases our senses, which is why when using cannabis our smell and hearing becomes more



heightened, therefore our sensitivity to scents and flavors is also increased which convinces the brain that we're starving, and we tend to want to eat more once we taste food as we can actually taste it more acutely. Also, THC fits into receptors that are part of the brain's natural endocannabinoid system, which helps to control emotions, memory, pain sensitivity and appetite, therefore THC can artificially alter the same factors in dramatic ways which in turn lead us to believe we are hungry and result to the munchies.

You're probably thinking how can cannabis help to lose weight when all we want to do is raid the fridge?

Well, as we now understand that it's the THC component that tricks us into believing we need food, we can turn to a cannabinoid that can help us lose that extra 10 pounds once and for all and that's by using CBD oil. Studies have shown that taking CBD daily can help reduce belly fat and this is because CBD increases brown fat cells. These specific cells break down blood sugar (glucose) and fat molecules to create heat and help maintain body temperature. Cold temperatures activate brown fat, which leads to various metabolic changes in the body. Most of our fat is white fat, which stores extra energy and too much builds up in obesity; however CBD increases our brown fat production, helping us to kick start our metabolism and burn more fat.

BETTER SLEEP

A survey late 2019, detailed that a shocking 70 million of Americans suffer with a sleep disorder and the National Institute of Health has detailed that 30% of the population complains of sleep disruption.



Lack of sleep can affect your immune system and people that don't get quality or adequate sleep are more likely to get sick after being exposed to a virus such as a common cold virus. Lack of sleep also affects how fast you recover if you do get sick. During sleep, your immune system releases proteins called cytokines, which help promote sleep, these also need to increase when you have an infection or inflammation or when experiencing times of stress. Sleep deprivation decreases production of these protective and powerful cytokines. Furthermore, infection fighting antibodies are reduced during sleepless periods. Long-term lack of sleep increases the risk of obesity, diabetes, heart disease and cancer.

Cannabis helps promote a healthy sleep pattern, THC promotes sleep by activating the endocannabinoid system's CB1 receptors, it also shortens the period of sleep latency

and causes users to sleep longer.

THC is also connecting to an increase in slow-wave sleep, an essential aspect of restoration and recovery. CBD has also been shown to be effective in regulating sleep patterns and one of the principal reasons is due to its ability to mitigate the production of cortisol in the CB1 receptors of the brain and central nervous system, reducing anxiety and helping the brain enter into Rapid Eye Movement (REM) sleep pattern.

QUITTING SMOKING

Another study found that nearly 1 billion people worldwide are dependent on cigarettes, with tobacco killing more than 8 million people each year, these are alarming figures and that's without the spectrum of problems that smoking cigarettes can cause: shortness of breath, asthma, respiratory infections, cancer, heart disease, strokes, blindness, osteoporosis, infertility and many, many more. The American Cancer Society states that only 4-7% of people are capable of giving up smoking without medicines or other help, while around 25% of smokers using medication manage to stay smoke-free for over 6 months, however there is a drawback to using medication which can bring on other side effects and other issues down the line. Not to forget there's also the other pharmacological means including patches and gum with distressingly low success rates.

Smokers do indeed try to quit with psychological counselling and other types of emotional support and these can boost success rates higher than medicines, however these methods can be somewhat challenging to say the least.

Looking at the bigger picture, of all the reasons for which tobacco proves addictive for so many people, the fact that it contains nicotine is probably the least significant, it's precisely the fact that it's a habit which has been established over a long time, usually several years - that makes it so difficult to quit. Humans establish everyday behavior by means of habits and the more ingrained a habit is, the more difficult it is to change. Smoking can be a part of nearly every aspect of a person's life; when engaged in a conversation, in a state of depression, waiting for a bus, after a meal, reading a book, consuming alcohol - whenever it's deemed socially acceptable except when sleeping. The versatility of this habit makes it so incredibly difficult to correct.

A Study showed that CBD taken daily over two weeks resulted in a 40% reduction in their tobacco use on average, that same study also detailed that CBD aids with anxiety, a common side effect for anyone quitting or reducing their dependence on a substance as the interruption to the habit does as commonly reported cause anxiety, therefore replacing tobacco with CBD may be a useful substitute, purely because the user isn't feeling the need to light up to manage the stress levels.

REDUCING STRESS AND ANXIETY

2020 has been an unprecedented year, kind of like looking through a dark tunnel with no light in sight, which has played havoc with most people's mental health. The feeling of being stressed can be triggered by any event that makes you feel frustrated or nervous. Anxiety is a feeling of fear, worry and general unease, it can be a reaction to stress, or it can occur in people who are unable to identify significant stressors in their life.

An American university study has examined how

cannabis combats stress, anxiety and depression, the research suggests that by inhaling cannabis can significantly reduce short-term levels of depression, anxiety and stress. CBD has effects on the limbic and paralimbic areas of the brain, the area that produces our "fight or flight" response to stress. The stimulation of these areas through a CBD/THC combination has shown to significantly decrease anxiety, furthermore it's reported that the oral use of CBD significantly reduces anxiety, cognitive impairment and social discomfort.

Of course, there is the chance that smoking cannabis may increase anxiety and that's all dependent on the strains, so it's always best to choose a strain that encourages restfulness such as Granddaddy Purple, Girl Scout Cookies or White Widow, however the THC could make users too rested to conduct their day-to-day activities, therefore CBD can be an excellent choice for times when alertness is needed. CBD works with the endocannabinoid system by allowing receptors to take up more of the other cannabinoids, like THC, so adding a dose of CBD oil alongside your favorite strain will heighten the medicinal or therapeutic effects of cannabis without making you feel too stoned. Simply put, adding CBD won't get you high, but it'll bolster the anti-stress properties, which is exactly what you want and need.

LIVING LIFE TO THE FULLEST

It's no secret that most of us can't wait to see the back of 2020, however rather than constantly focusing on the negatives that life brings, which are to a certain extent out of our control, we should be embracing as much positivity into our (somewhat more quieter) lives as possible.

Only we can make the decision to spend more time with the people and the hobbies we love, granted the lockdowns this year have prevented a huge proportion of these two simple but necessary activities, however we can focus on a better future and look forward to some amazing times ahead by using the remaining of this year to think about getting rid of all the extraneous baggage that eat up our time and energy.

The place to start is mindfulness, living in the present in a healthy body. Looking after your sleep, your diet, your addictions and your stress levels are a huge part of living life to its fullest. Cannabis can of course help with these factors as mentioned above, and cannabis is often known as an all-natural tool that can help with everyday anxiety, whilst maintaining a balanced healthy and active life without side effects of modern pharmaceuticals. But - it has to be a part of a much greater lifestyle change, a change that begins with you!



the WEED traveler

Copa Cannabica
Baja California, Mexico

By Sharon Letts

Mexico's second cannabis cup showcases its emerging cannabis industry

Author's Note: Due to the cannabis industry in Mexico emerging prior to ordinances being put in place, the names of the competitors and industry professionals have been excluded. Mexico's Senate is currently in session and has until December 15 to establish ordinances for both adult use and medicinal use.

While protestors continue to plant and maintain more than 700 cannabis plantings around the Senate building in downtown Mexico City, demanding that fair ordinances be put in place for both the recreational and medicinal use of cannabis in the country, the emerging cannabis industry is already thriving, with the people healing and enjoying a safer recreational alternative before legislation.

Mexico's second cannabis cup, Copa Cannabica, was held in September of 2020, in Baja California's Valle de Guadalupe, Mexico's wine country. Often compared to California's posh Napa Valley wine country to the north in California, it's located just under two hours from California's San Diego/Tijuana Border, with more than one hundred wineries established, and more being launched each season.

As with most cannabis events around the world, the event was private, held on private property, on the rooftop of the Baron Balche winery, overlooking acres of grapes, with the beauty of the valley and hills beyond.

Many event locations, wineries and restaurants in Mexico look forward to legalization and the cannabis tourism that follows, promising much needed economic growth with it.

Event organizers from Tijuana teamed up with event organizers and a production crew from Mexico City, taping interviews with competitors, vendors, and the occasional politician stopping by to show support.

DJs, rappers, and bands graced the stage throughout the event. Minimal attendance was encouraged due to social distancing practices from COVID-19. Since the event was outdoors, masks were optional, yet many wore them.

The judging portion alone lasted three afternoons, starting at 4:20 p.m. each day, with judging and the highlights of the event streamed to half a million viewers, all told.

This writer was honored to be asked to judge, and was the only woman on the panel, along with one male farmer from California.

Concentrates via vape cartridges, dabs and wax were plentiful, as were edibles and flower, with a door open to California competitors. Critics panned the move allowing California's finest to enter, but with Mexico's industry still emerging, organizers felt they needed the additional entries. Some argued the California entries raised the bar for locals just starting to compete in the country.

On a personal note, it was apparent which flower was from Mexico and what was brought down from Los Angeles, Oakland, and Humboldt County, in Northern California. The terpenes don't lie. My own limbic system was triggered with memories of Humboldt's finest flowing with each hit from some of the flower that turned out, indeed, to be from Humboldt - where I made my home for nearly ten years.

The level of professionalism on packaging for the



Sharon at the judges table

products in Mexico is impressive, making it even more apparent the industry is already here. Remedy makers stated they have already been able to sell their products at private "dispensaries" around the country, with private clubs in Tijuana, Ensenada, and Mexico City said to be already established and running safely, with no issues.

CBD from Tijuana

Decades ago, Tijuana was once a sleepy border town for exit and entry to Mexico from San Diego County in the United States. Today, it's a thriving metropolis, with a population of nearly three million.

Not surprisingly, the city also hosts an equally thriving, albeit temporarily covert, cannabis community.

First place in the CBD category went to Indiico, founded by a young couple from Tijuana. They launched the brand in April of 2020, at Mexico's first cannabis cup in San Miguel de Allende, Guanajuato, on mainland Mexico - the first time the copa allowed CBD products.

A family business, mom was at the booth, giving support, proud of her family and the win. As with many remedy makers in the cannabis industry, the principal of Indiico was helped by the plant, inspiring the business.

"We started the company after CBD products improved both my physical and mental well-being," they said. "The tincture can be ingested or used as a topical, and I use it myself for chronic pain. I ingest it to control seizures for epilepsy, and to treat depression."



First place winner for CBD from Indiica, a CBD company from Tijuana. The professional packaging tells us Mexico is beyond ready for legalization.



Like any other cannabis cup around the world, vendors were on-hand, with a plethora of products, from flower to concentrates, clothing, swag, and everything you'd typically see at a cannabis event.

With expert graphics on its black and white packaging and booth signage, this company is ready to go big in the industry when ordinances are ready to guide them.

Medibles from Cabo

First place medibles went to an American woman married to a Mexican national, living in Cabo San Lucas, in Southern Baja. GGG offered up a large whimsical cookie shaped like an apple, testing at 100 milligrams of activated THC; with the addition of two gummy worms sticking out of the apple, testing at five milligrams of activated THC each.

"You can eat the cookie, and if you are medicating with grandma, she can have a worm," they explained, only partly joking about the unique delivery mode. This writer appreciated a five-milligram gummy now, saving the cookie for bedtime.

The company makes a wide variety of edibles and medibles CBD and low dose THC in the mix, depending on if you are medicating or recreating - stating that it's all the same. The company said they love the Cabo San Lucas cannabis community, and explained that there was also a private, members only cannabis club in the area.

"There are many Americans in Cabo who use cannabis, but most of the people we cater to in the area are Mexican locals," they said.

Concentrated Goodness

Winner of the solventless dry hash extraction of OG Platinum, is a company called Mexa OG. The maker said they first came into the cannabis industry like many have here and around the world, through the back door.

"I began by selling cannabis to friends more than ten years ago, they said. "As I learned more about the plant I began to expand my product line, until I could leave my day job."

Now, beyond ready for legalization and proper ordinances, they say it's been a painful process getting to this point in time.

"I think we are a country where legalization is very slow," they explained. "We need jobs, and this industry can provide them. We also need education and research in the therapeutic uses for people in need. I believe cannabis is both medicine and a safe way to recreate. It also helps with



First place winner for edibles was given to a caregiver/medible maker from Cabo san Lucas on the southern tip of Baja California, where the event was held.

First place medible, cookie 100 mg THC, two worms, 5 mg each. Great idea.

mental disorders, to help clear the mind and chase away the demons."

Tested, Tried & True

Organizers of the cup hired an engineer to set-up a lab in one of the hotel rooms nearby, testing each product for cleanliness and efficacy. Since it's difficult to judge edibles in a short amount of time, and nearly impossible to feel effects of the CBD products, this was necessary.

A microscope was set up on the judging table, allowing us to look at what might have appeared to be a perfectly normal flower. Its necessity was proven when a small flower showed up with a tiny, black nylon thread woven throughout. Shame, as it was a lovely fragrance, but this judge didn't want to smoke plastic, no matter the small size.



Due to COVID-19m the judging, and much of the event, as well as vendor interviews, were streamed to more than half a million viewers, globally.

Everyone else partook.

This writer also took it for the team when a concentrate appeared to change consistency after being exposed to the exceptionally warm weather, causing me to question its contents. One hit and my throat burned, with a nasty aftertaste. No one else tried it.

Fails happen, hence the cups. Competition brings the community together and rewards

those who work hard to achieve the best products possible. The fails are lessons learned from well-meaning remedy makers and farmers who are brave enough to step forward.

Covert No More

Rhetoric in the U.S. when a state legalizes is that more people will get high and “what about the children,” but the reality is, that edibles taken to get high quickly becomes a medible, with real healing taking place, if the recreational user is actually a patient with real ailments.

As for the children, they were the first allowed to use cannabis in Mexico, with the compound cannabidiol, otherwise known as CBD, already helping many in Mexico since 2017; after Raul Elizalde, father of eight-year-old Gracela, worked to get CBD oil for his daughter, who was suffering hundreds of seizures a week from a rare form of epilepsy.

Gracela's experience also helped the people of Mexico to understand some of the healing properties of the plant, after decades of being told it wasn't medicinal all throughout the failed war on drugs.

Prior to the CBD ruling, Mexico decriminalized all drug use in 2009, but the only news reported from the decision was the violence of retaliation from the cartels, who it's been said since, are not making money any longer with cannabis - rather planting poppies in Sinaloa, as reported by longtime Drug War correspondent, Don Winslow.

The people of Mexico won't be prosecuted for having five grams of cannabis on them, or 50 milligrams of heroin, but the local police will still want 'curb money' if they find anything on you - that's a different issue altogether. For the most part, cannabis use is tolerated in Mexico.

This ruling was created in an attempt to help people, not create criminals. If you are caught with the legal amount of drugs, rehabilitation is encouraged, not jail. It was a first step in denouncing the failed Drug War.

The Future Looks Verde (Translation: Green)

As detailed in an interview with Vicente Fox for Forbes, the former President of Mexico is confident the country will be a leader in cannabis, globally.

“Mexico is dynamically advancing in all things related to the total legalization of cannabis,” he stated. “This positions Mexico to become a leader in the world markets, when it comes to cannabis.”

One of the lead organizers of the protest, Pepe Rivera, said the four main demands of the movement are, as follows: 1) Unlimited home grow for personal use; 2) Possession without limits; 3) Safe consumption sites; and 4) Protection of the rights and dignity of users.

The occupation, dubbed, #Planton420, is a form of protest where people “plant themselves in front of someone until demands are heard.” This occupation is taken literally and figuratively along with the planting of cannabis by the

Senate building.

“The lack of compromise by Mexican legislators has fueled civil disobedience at its best,” Rivera said proudly. “Mexican activists are partaking openly and planting the country's capital with cannabis in protest. We started by planting one single plant on one of the capitol's main streets on December 23, 2019, in order to gage the response of the state. We then proceeded to occupy the Senate's park and the main entrance to the building on February second of 2020.”

As in every cannabis community in the world right now, the plant prevails and the healing continues. More than 700 plants around the capitol demonstrate the point.

The young people of Mexico are ready to grow and learn about the plant's many benefits and income opportunities. They are done with the failed Drug War that started in the U.S., and they are all too familiar with the supply and demand that made the cannabis industry too big to fail.

The plant can't be stopped, and the organizing of cannabis events, such as the Copa Cannabica, show the will of the people prevails when it comes to this most misunderstood and beloved plant on the planet.

For more information on Copa Cannabica visit its Facebook page or website, www.facebook.com/Copacannabicamx/

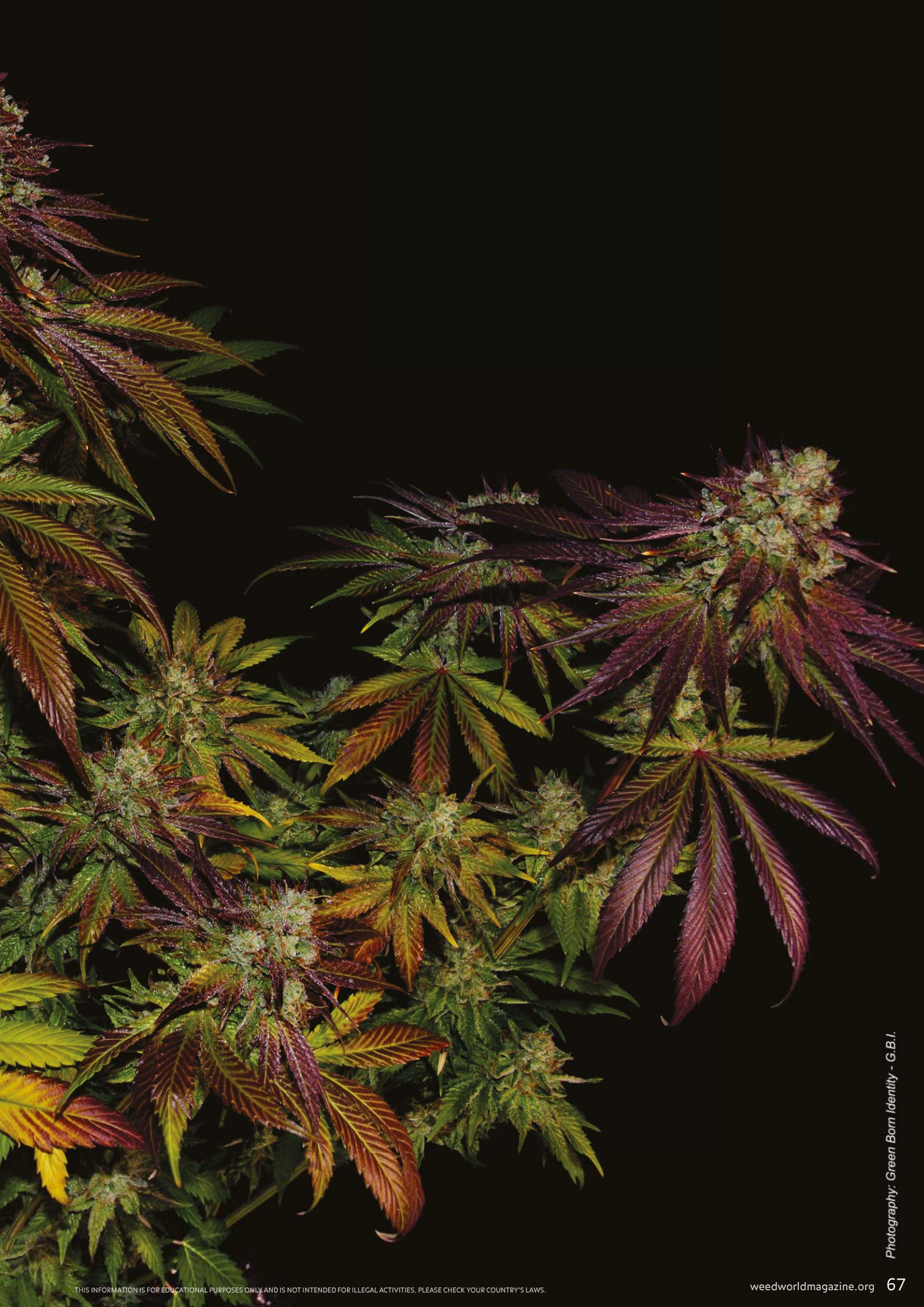
www.copacannabica.mx/?fbclid=IwAR37SnPTV720WMgpV-QD0_cHlJeZ8bHVEuGKCrus7PHSQ8dEGcwppPRatw

For more information on the decriminalization of drugs, with amounts permitted visit, www.loc.gov/law/help/decriminalization-of-narcotics/mexico.php



A micro-scope was set up at the judges table, offering up a closer look at the flower and concentrates consumed; with a laboratory for testing set-up in a nearby hotel room.





Photography: Green Born Identity - G.B.I.

CANNABIS WORSE THAN COVID

By Ziv Genesove

The most widespread newspaper in Israel continues to fight for local public opinion and publishes headlines and content that severely undermines their credibility.

A “National unity government” is currently in place in Israel, containing several factors from the right and left side of the political spectrum. This government is severely criticized by the media and the public for not functioning, mainly because its members fail to reach agreement on almost anything.

Surprisingly, one of the only things that the current government officials do agree on is the need to regulate the cannabis market: if this government would persevere until the beginning of 2021, it is likely to assume that cannabis legalization would occur in Israel.

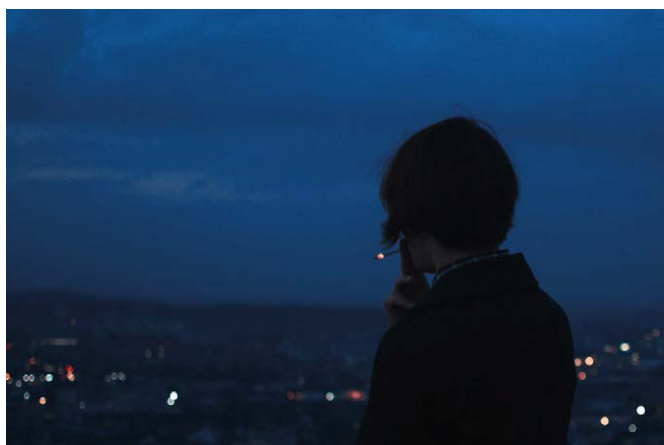
With the realization that the State of Israel is only a heartbeat away from such a historic move, various elements in the Israeli public became deranged, and they have decided to fight back - by any means necessary.

Between legalization and social collapse

The newspaper “Israel Hayom” (“Israel Today”) is distributed free of charge throughout the country and for this reason, is the most prevalent newspaper in Israel. The paper’s founder and publisher, Jewish - American businessman Sheldon Adelson, is known for his fierce opposition to the easing of cannabis laws.

Since the end of 2019, when a trend began to accumulate among local politicians who declared that regulating the cannabis market (for recreational use) is a vital need, the paper was sure to publish opinion pieces that went against the move, trying to terrify the Israeli public with apocalyptic predictions of social collapse and even violation of state security as a result of a mass dysfunction of soldiers in the army.

A few months ago, they published an opinion column by diabetes expert Professor Itamar Raz. The column was edited, which led to the understanding that the professor compared cannabis to cocaine. While it later became clear that professor Raz is in fact supporting legalization.



This month the “Israel Hayom” newspaper has found a new “devil” to whom they can compare cannabis to - Covid19.

“A young girl sold her body for a toké”

After a rather pompous headline claiming that the harms of cannabis outweigh the harms of the coronavirus, the subheading in the paper

reports that “dozens of seniors in the mental health system claim that legalization is a health disaster.” The announcement is quite threatening, no doubt.

The opening of the article says that “A petition signed by dozens of experts in psychiatry, psychotherapists, social workers and activists in the fight against cannabis legalization calling Prime Minister Benjamin Netanyahu to stop the run towards the legalization of the drug... according to their claims, the health damage from Covid 19 will be negligible compared to the health damage that the State of Israel will experience as a result of cannabis legalization.”

Throughout the article, which was full of harsh prophecies about the dire consequences of legalization, not a single expert’s name is mentioned in the text from the “dozen’s” who professedly signed the petition, and no specialist is quoted other than lawyer Shai La’el who claims he initiated the petition. Mister La’el even mentioned a case of a young girl who became addicted to cannabis and had to sell her body time and time again just to ensure that she could get another toké.

It is highly doubtful that arguments that take us back to the 1930s and publications regarding a petition with “dozens of experts” without bothering to mention a single name, will make a big impression on the majority of the Israeli public in 2020, at days when cannabis consumption crosses all sectors of the local population. As mentioned, in the upcoming months we will find out if the politicians will keep their election promise and make cannabis legal for recreational use in the Holy land.

GORILLA COOKIES

STRAIN REPORT

Powerful and cerebral

Gorilla Cookies is Big Head Seeds' pedal to the metal supreme sativa dominant hybrid of two epic strains. The super strong combination of Gorilla Glue and Girl Scout Cookies (Thin Mint) brings forth an abundance of crystal coated flowers that deliver tight, resinous buds.

Aromas of forest floors, warm earth and citrus lead to cypress tones and a hint of wood smoke.

The powerful high is nothing less than a work of art, the physical and cerebral effect balancing beautifully delivering a sense of euphoria and happiness, opening truly mind-blowing creative channels to be explored.

A little goes a long way push too hard and sweet oblivion followed by the mother of all munchy attacks.

Easy to grow, stable and vigorous plant.

Type - Sativa / Indica

THC - 25%

Flowering - 8 to 9 weeks

High - Euphoric, Creative, Happy.

Sex - Feminised

BIGHEADSEEDS.COM



The Hashnerd Hangout Publications

Episode 1 Pez-Bro Rosin

By Frank La Froscia

For daily hash content: @frank_at_dank

The quotes from this article have been transcribed from a conversation I had with Paul, founder of Pez-Bro Rosin, when he was on my Podcast Weedlive. Just search "Weedlive Pez Bro" on youtube and you'll immediately find the 3 hour interview/smoke sesh.

Hashnerd Hangout Publications came from my idea to interview my own heroes and the heroes of our community, in a long-form dialogue, and offer both the raw interview in audio/video format to accompany this printed version with the photos that coordinate. This is the first of many. There is no way to better paint a picture of someone than to let them speak their truth in their own words. Here is the true uncut story right from the horse's mouth. In this case the Fish, as later explained, as 'Pez' means 'fish' in Spanish.

First I'll say that this upcoming introductory quote is inspiring to me and is a great summary of the type of mindset that every person who I know that is involved in hash looks at their work and the world.

Paul: "You get what you put out there dude, if you're not out there putting out, you're not out there - and I'm not talking dirty you know...If you're not out there pushing hard, you're not grinding, you're not hustling...you're just working a 9-5 job, and that's all you do.. You expect more and you complain about everything.. You know what? That's your own fault. Get your ass out there and hustle. That's nonstop. You get what you want dude. You gotta put in the hard work, the effort. You gotta study, learn, you gotta educate yourself. And if you aren't out there doing that you better be happy with what you are doing, and you better not complain".

Pez-Bro Origins

"Back in 2015 I was with my partner that was working with me and we were trying to figure out what to do, man. All these things are popping up in the Cannabis Industry, like this, this, this and like all of these things started popping off and people want 'em like it's a new trend. So BHO was at the top of the game. Everybody wanted to get in on it. Everybody wanted to buy systems. So my partner and I at the time were seriously looking into buying a BHO system, spending tens of thousands of dollars, and running BHO. At





Wanna
Dab Bro?

FOR BEST RESULTS
TAKE LOW TEMP DABS.
USE RESPONSIBLY.
KEEP REFRIGERATED.

the time, I used to work for a company called Smart Pots, I was a sales rep for them, they are based out of OKC and I travelled the states and sold smart pots. So, I got to see all these new inventions. All these new things that were being made for the cannabis industry, for the smokers. For the new products that came out, like rosin....At the time, at the end of 2015, nobody knew what rosin was. There was only a very few...and I learned about it on one of my sales trips going to Chico: one of my homies was like 'Yo have you ever heard of Rosin' -[we were taking dabs of BHO]-I'm like 'No, dude what's Rosin?' He's like, 'dude you can take Dabs of it, it's just like BHO its full-melt blah blah blah-You wanna try some?' I'm like, 'Yeah!'. He pulls some out and I'm like 'Oh, my God this is Amazing'... So, the end of my sales trip I come back home, I'm hanging out in my garage, I've got a trim crew there - all trimming. To my partner at the time, I was like 'Hey have you heard of Rosin?' He typed it up on Youtube and found people smashing it with hair straighteners, and were like 'Holy shit! What the Hell?' and we instantly ran down to the store and bought 3 hair straighteners. We Glued the tops of them with pieces of wood and we used these vices and we ended up sticking buds in between them and smashing and cranking them down hella tight. Just to see this gold oozing out of the sides. We were like 'Holy shit, oh my god...let's start a brand!'

"I'm a huge fisherman, my last name is Lopez. That's where Pez-Bro came from. Pez in Spanish means Fish. Pescado. It's got a lot of different meanings behind it, it means a lot to me."

On his history with hashmaking:

"The Hashmaking for me.... I didn't Really have people... nobody really 'taught' me, like... I didn't go learn from Frenchy Cannoli, or I didn't go to a specific Class and was taught by anybody... I lived out in Potter Valley. I went to School in Potter Valley, Mendocino County. There was a guy out there that uhhh knew his hash (he looked at me intensely) he knew how to make hash candies... all kinds of Hashish stuff. He taught me things, he told me tricks. So,

I learned all these little things. You know, watching videos you pick up these little things and then you put it in your own way, and you make your hash your way.

The Bird and the Fish: Friendly Competition

Two Bold Forces: only making Small Batch Rosin from material grown by Small Organic Farms. How two small "Davids" helped positively impact the entire "Goliath" Industry. Unite instead of in-fight. Common enemies in nature are now befriendred in the common goal to dab the world solventless.

"I have been talking with Byrd a lot.. And Byrd told me that I've helped him out so much, I've done so much for him, and I helped him steer himself the right way...and there were some little things I was missing on making my hash, on how I was doing my hash...and so I saw his cold room and I'm like, 'Fuck man, I need to build my cold room.. Why am I slacking on this?' Just Seeing his room inspired me, I pushed, Boom, got it done. And then he was like 'Hey man, I wanna show you how to do this, like are you cool with that ? I'd like to show you how I make hash, I'd love to give a favor back to you' and I'm like, 'Yeah Bro I'd Love that!' So he's like, 'You need to buy these washing machines', he explained some stuff to me, I bought the new washing machines, he came over to my house. We changed the washing machines up, we fixed them the way he liked them. And we ran hash his way. And it was phenomenal. My cold room is phenomenal. My cold room gets super cold. Having a room that can control everything-your temperature-it means the whole world when you're making hash... Cause if you don't have a cold room or you are using warm water when you are rinsing or washing, it's gonna fuck things up, it's gonna change the color, it's gonna darken it, it's gonna oxidize it. You just don't want any of that. So, he taught me a few little tricks, and I put that in my own ways in doing that as well...and so much respect to Byrd as well. Byrd has taken classes from Frenchy Cannoli, and he has learned from him, and he has probably exceeded Frenchy in his hashmaking skills. So, Byrd and I



WHIPPED ROLLS CHOICE ROSIN

ROLL'S CHOICE LIGHT DEP.

- 8 week grow period
- Lineage- OG Kush x Chemdawg, Sativa Hybrid
- Avg. THC- 22%
- Organically Grown with Vital Garden Products



FRESH PRESSED ROLLS CHOICE ROSIN

have built this relationship together that seems to be really strong. Byrd had to give his freeze drier back and he's like 'Hey man, I've got all this hash, can I come and use your freeze drier?' and I'm like 'Fuck Yeah, Bro.. Come on over'. So he came over for like 4 or 5 weeks in a row each week once a week and kept using my freeze drier. I didn't charge him anything from it. I didn't ask him for anything, of course he gave me rosin which is so much appreciated. And he was super appreciative of it as well being able to use my freeze drier so he can continue to make his hash and his rosin, So you know, if I was a greedy piece of shit motherfucker that was in full competition with somebody like that, I wouldn't have allowed him to come over. I wouldn't have talked with him. I wouldn't have gave him tips, he wouldn't have gave me tips, it would've been cut-throat and been like 'No, Fuck you dude you can't come over, you can't use my shit'. No, we're homies, dude. We're Friendly Competition. We're not out there trying to talk shit about each other's brands, we're out there pushing each other's brands. Whether I got his brand on me and my brand I'm like 'You gotta try both of these, these things are fire... Byrd and Pez-Bro, even Mendo Budsmith or Mendo Dope, it's all about spreading each other's love for it...(he

looked me right in the eyes) I'm not cut-throat...If I was a straight businessman, then that's what it's about. I'm not like that. I know business, but I'm not like that. I know that sharing the love and treating people the right way, and showing that you care...that's gonna bring longevity of business and better business in the long-run'.

Pez-Bro and Byrd continue to influence more and more people in this great solventless community. Together they are now teaching a course on the entire process of ice water hashmaking all the way to Rosin & more.

"My journey with Pez-Bro has been a very positive journey. There's a lot of people that hate on brands. There's a lot of people who talk shit. They pull this thing out and they're like 'Oh this is brown blah blah blah' - they're just a hater. I never had a lot of people through my social media talking shit to me, saying 'Your product sucks, it doesn't smell good' or 'I bought your product at this dispensary and it is horrible.' I never had people do that dude, I feel it's because all these people that have purchased my product have met me. They've either met me at a show, or they met me somewhere



WHIPPED ROLLS CHOICE ROSIN RIGHT OUT OF THE FRIDGE

FRESHPRESS UNDER 10X MACRO LENS BY MOMENT ON A ONE PLUS 7 PRO

LIONSCLAW AUTOFLOWERS

- 100 day grow period
- Lineage- Siberian Ruderalis/Mexican Cultivar x Lions Gate OG
- Yield- 3oz-10oz per plant
- Creator- Pride of the lion Seeds/Heartrock Mountain Farms
- Organically grown with Vital Garden Products



that I am training somebody and they got a good feeling from me. When I get people on Instagram contacting me or texting me, I try my hardest just to get right back to them, to say something to them, unless it's a scam page or some robot page. If it's a real person I'm gonna contact them back and I'm gonna answer a question for them, help them out. Those people say every time, 'Thank you so much for taking time out of your time to answer that question because no one else will help me. I've asked so many people to help me, I've asked this simple question and nobody will help me.' I say, 'I'm so sorry that's happened to you but if you have any more questions hit me up. Not super late, but hit me up. I'm totally down to help anybody out. And again my ways are not always the right way, but my way can probably help you think of a better way or assist you in finding the way you are looking for.'

'I've travelled to other states and I've seen grows. I won't say what states or what farms or what companies cause I don't want to put anyone down as far as a name brand. But going into these different states and asking them about organics, asking them questions about what kind of fertilizers they are using...what they are spraying...things like that, and they're completely clueless about organics. They're all about these heavy salt products, synthetic lines. I get it, when you're growing a couple acre farms you've gotta cut your cost on some growing but there are a lot of organic fertilizers that go a long way, there's micronized fertilizers that go a long way that save you money. I'm not there to change their minds, or to be like 'you need to go organic' I'm learning and I'm seeing how these different states, or how people are not educated on how to grow organically. It's just like with food. How many years did it take for people to start waking up and realizing: 'Damn...organic food is way more healthy for you, it's got better flavor, it's better tasting, plumper, juicier, just everything about it. They're not used with pesticides or chemicals to be grown or to kill pests and stuff like that. So, I used to work for a natural foods store, for 5 years and I learned a lot about ingredients. I learned a lot about the foods we eat, and the way things are processed. We don't want our cannabis industry processed like that. We wanna be natural, we wanna be organic. We want our product to be clean. Medicine for people that need it. Fuck big pharma. That's what's keeping these people

down. They know our products work well but they want that big money. Big Pharma. I'm against that, I don't even take Tylenol....'.

On LionsClaw Genetics and Danny from Pride of the Lion Seeds and HeartRock Mountain Farm:

'I went to school with Danny and his older brother, out in Potter Valley. I've known them guys since I was a little kid. He passed on some of those seeds to Brandon at the Mendocino Group. He grew 'em, ran 'em, just finished a couple weeks ago, and cut 'em all down. Flash froze 'em real quick and a couple days later, I washed 'em. 24 hours after that I pressed it. It came out phenomenal. Had a great terpene profile.'



PEZ-BRO'S LIONSCLAW ROSIN FROM AUTOFLOWER

FRESH PRESSED GIRL SCOUT COOKIES ROSIN

GIRL SCOUT COOKIES

- Grown by Pharmacy Bro's
- Full Term Organic Outdoor
- OG Kush x Derban Poison
- 9-10 weeks
- Purple Tint, Orange Hair
- They have been working on this strain for the last 10 year



BUDDERED GIRL SCOUT COOKIES ROSIN WITH A LITTLE SCOOP PULLED OUT TO SEE THE CHANGE IN TEXTURE AND

'You just gotta find the right autoflowers that have that terpene profile and the THC levels that you're looking for. You know Autoflowers just don't have that recognition yet, doesn't have the reputation yet for production that phenomenal.'

On Rolls Choice:

'Rolls Choice was a strain that not many people are...letting get out there. It is a Chemdawg crossed with an OG. Super pungent. Very tasty. I actually brought two different Rolls Choice. They're actually from the same batch but I do a little different tech on them. One is Taffy'ed up and one is not.'

Go check out the rest of the interview for more details and reach out to Paul yourself IG: @Pez_bro

As always this story runs parallel to my own life vision\quest

to help promote organic agriculture and his words motivated me as someone who is highly motivated already. I walked away energized. I hope it inspires you to get up off of your ass and contribute positively to the world around you.

"I speak for the Trees"

Frank La Froscia

IG: @Frank_at_dank Hashmaker @Helladank.co

interview courtesy of Weedlive TV: a live, open chat experience ... We are waiting for you to be part of the discussion at Dlive.tv/weedlive



BRETT BYRD OF BYRD ROSIN, MYSELF (FRANK LA FROSCIA OF HELLADANK.CO) PAUL LOPEZ OF PEZ-BRO ROSIN AND THE DANK DUCHESS!!

I'm extremely grateful for all of the wisdom these three have brought to the world of Solventlessness and I hope to contribute as much to my generation as they have to theirs!

Words by Frenchy Cannoli

the GANJI

Cannabis Sommelier

What is quality and what are the characteristics that define the quality of wine or cannabis?

Is it the gustatory experience or the resulting effects?

ER

Outside the realm of potency, there is the quality of the experience that takes you to a state of altered consciousness; when you consume wine or cannabis, the beginning of your journey to blissfulness starts with the smell and ends with the taste.

The most defining components of wine and cannabis quality are arguably the gustative elements - the smell, taste, smoothness, body, complexity, balance, intensity, duration, overall pleasure, and uniqueness of the experience. Is it even possible to quantify cannabis quality with any accuracy? Is it possible to create a platform that would give that ability to everyone, beginners and connoisseurs alike? In an effort to promote cannabis science and education I joined the team behind the new cannabis sommelier program, The Ganjier. I believe we have created the foundation to train the future gate keepers of cannabis quality standards for the industry. The founding group members, who I will introduce individually, have collectively amassed an amazing source of knowledge with one goal: mentoring the next generation of cannabis sommeliers dedicated to quality.

What is The Ganjier™?

First-of-its-kind, rigorous, multi-tiered cannabis trade certification created and taught by the most respected names in the field with the intent of producing an entirely new class of cannabis professional: The Ganjier.

Why was The Ganjier created?

Because millions of customers are receiving incorrect, wrong, inaccurate, or just plain made up guidance on which

cannabis products to buy, what constitutes true cannabis quality, or how to find the right cannabis products for them. This leads to terrible user experiences, misinformation, health and safety concerns, and on-going stigma for the industry.

The Ganjier is a trusted guide to the cannabis consumer, trained and certified to assess the true quality of cannabis flower and concentrates, and qualified to provide accurate, trustworthy, and valuable guidance based on the Ganjier service standards.

How was the Ganjier Certification developed?

Drawing structure and inspiration from well-established wine, beer, chocolate, and cigar Certification Programs, Ganjier was developed over multiple years with volunteer participation from the esteemed Ganjier Council members, 18 experts who collectively hold over 400+ years of cannabis experience, and who contributed over 8,000+ hours of time to the development.

Together they developed the Certified Ganjier Curriculum covering the most important knowledge required for a trained master of cannabis service, the Systematic Assessment Protocol (known as The SAP) to accurately assess the true quality of cannabis flower and concentrates, the Customer Interaction Protocol (known as The CIP) to skillfully guide consumers to the ideal cannabis products for them regardless of their level of consumption experience, the live hands-on training to practice and refine the necessary skills, as well as the criteria for the 3-part exam in cannabis knowledge, assessment, and service.

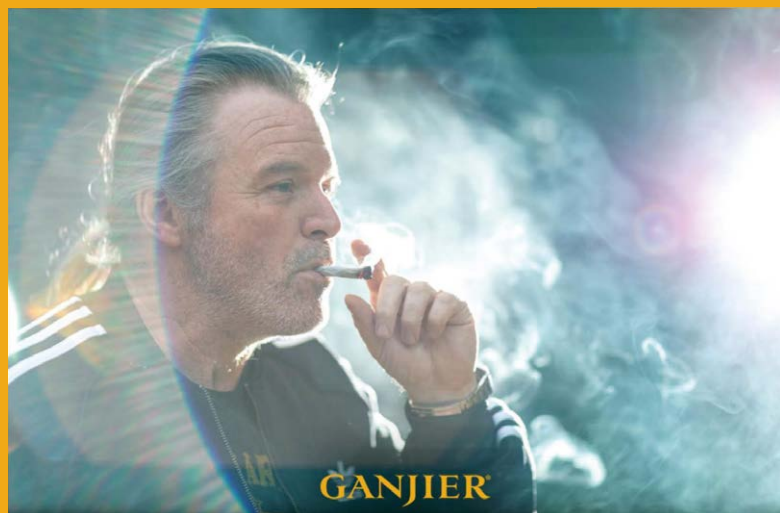
Who Is On The Ganjier Council?

Swami Chaitanya – cannabis farmer

Frenchy Cannoli – Master Hashishin

Amanda Reiman – Cannabis nurse

Patrick King – The Soil King



Kevin Jodrey – Owner Wonderland Nursery

Jeff Raber – CEO, CVO The Werc Shop

Genine Coleman – The Origins Council working on cannabis appellations

Justin Calvino - cannabis farmer

Aaron Varney – cannabis dispensary owner

Mel Frank – author Marijuana Grower's Guide

Nikki Lastreto – cannabis farmer

Omar Figueroa – lawyer, author California Cannabis Laws and Regulations 2020

Nick Tanem – owner Essential Extracts

Kimberly Hooks – CEO, Frenchy Cannoli Brand

Wendy Kornberg – CEO/Co-founder Sunnabis Farms in Humboldt

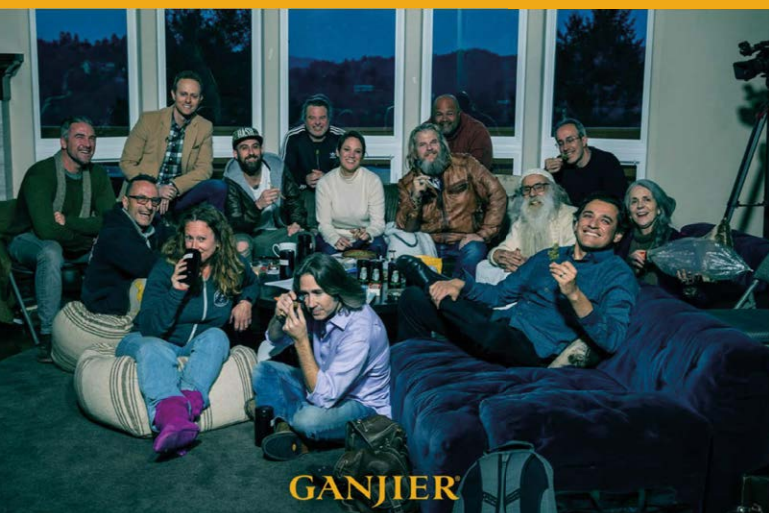
Josh Wurzer – President, Co-founder SC Labs

Alec Dixon - Co-founder SC Labs

Derek Gilman – Cannabis educator, Managing Director Ganjier

What Is The Path To Becoming a Certified Ganjier?

- 11 informationally rich online courses featuring all 18 members of the Ganjier Council
- The Ganjier Systematic Assessment Protocol™ (known as The SAP) to assess the true quality of cannabis flower and concentrates
- The Ganjier Customer Interaction Protocol™ (known as the CIP) to provide the highest quality service to cannabis consumers
- The Ganjier in-person, hands-on live training sessions to further develop your assessment and service skills
- 3-part exam covering cannabis knowledge, cannabis service, and cannabis assessment protocols



The Ganjier Certification Levels

1. **Certified Ganjier (CG)** -- Jan 2021
2. **Advanced Ganjier (AG)** -- Spring 2022
3. **Executive Ganjier (EG)** -- Spring 2023

What Makes Ganjier Special?

The Curriculum:

The Ganjier training is the most advanced cannabis education program on planet earth, covering important topics such as: cannabis quality, history, botany, science, genetics, cultivation, consumption, and service. Each part of the curriculum is taught by the esteemed Ganjier Council themselves, giving you unprecedented access to learn directly from the world's most experienced cannabis experts.

The SAP:

The Systematic Assessment Protocol™, known as The SAP, is our proprietary tool created to be the most thorough and accurate cannabis quality assessment method ever developed. The SAP harnesses the power of each of the four senses that interact with cannabis — Appearance, Aroma, Flavor, and Experience — to critically assess the true quality of cannabis flower and concentrates based on a standardized set of criteria that was vigorously debated and agreed upon by the Council. Every Ganjier also receives access to our signature mobile app, which allows you to perform The SAP Analysis on your smartphone anytime you wish.

The Certification Process:

In order to ensure quality and understanding at every level, the Ganjier Certification Process is thoroughly rigorous. It begins with enrollment into the 11 online courses, which then feeds into the live hands-on training to get direct feedback and guidance around using the SAP and practicing correct cannabis service, which then requires



months of private study to refine your palate and assimilate the wisdom, and concludes with a 3-part exam in cannabis service, cannabis assessment, and cannabis knowledge to test and demonstrate your mastery in the Ganjier principles. Upon completion of these steps, you will be awarded the first level of Certification, Certified Ganjier, which earns you the privilege of including the initials 'CG' after your name to indicate your professional trade certification status.

What's Covered In The Certified Ganjier Curriculum?

- **Accurately Assessing Cannabis Flowers & Concentrates**
- **Artfully Executed Cannabis Service**
- **Business of Successful Cannabis Sales**
- **Botany of the Cannabis Plant**
- **Unraveling the Mysteries of Cannabis Genetics**
- **History of Cannabis & Consumption**
- **Understanding the Science of Cannabis**
- **Art & Science of Cannabis Cultivation**
- **Cannabis Processing Methodology**
- **Contemporary Cannabis Consumption**
- **World of Cannabis Connoisseurship**

When Can People Sign Up For The Ganjier?



Ganjier will be open for enrollment January 2021 and will be an application-based process for acceptance.

To be the first to submit your application, get on the Ganjier email list at www.Ganjier.com



IS SELF-MEDICATING THE NEW NORM?

Written by Dee Mani-Mitchell

2020 has been a rollercoaster year so far, with what can only be described as a fairground ride, with the up's, down's, twists and turns, it quite literally is a year most of us can't wait to see the back of, especially when so called "new norms" are thrown at us left, right and center. However, amongst all the chaos and uncertainty, there's people that are in total control of one thing they have a hold on and that's their health!

So, without focusing on the negatives the year has brought, now is a good time to end the year on a high (excuse the pun) with several personal stories of how self-medicating with cannabis has been the positivity that has carried them through such unprecedented times.

NICKY VISSER

Dutch born Nicky, is a dog trainer/behaviorist/psychologist living in the UK, she had her first experience smoking cannabis at 16, living in Amsterdam this was of course socially acceptable. Fast forward to 2016 and Nicky was diagnosed with breast cancer, this was when she started to self-medicate using full extract cannabis oil (FECO), sadly due to not using the correct oil for her hormonal type of cancer, she was re-diagnosed once again in 2018 and since then has been taking the correct FECO which has not only healed her cancer but also plays a role in keeping the cancer at bay.



Since using cannabis, Nicky no longer suffers from Psoriasis, Bronchitis, IBS or the cluster headaches that used to be a major annoyance on her daily health, they have all been inadvertently treated with her self-medication and despite cannabis being illegal where Nicky lives, she's well versed in cannabis use, taking additional CBD and CBG daily.

Nicky describes her health as "a hell of a lot better" since cannabis, so much so that she confided in her doctors of her use. She received mixed feedback - her breast surgeon had agreed she should keep doing what she's doing, however her oncologist declared her crazy, playing with her life and was so appalled by her decision that they produced a life expectancy chart based on the fact she had refused the conventional cut, poison and burn route and

opted to dismiss the poison part (chemotherapy). As you can imagine, the chart detailed that she would not survive without chemo and her oncologist had great pleasure in telling her so.

Much to Nicky's delight, her annual check-ups recently have in fact suggested that she is practically cancer free now, with her blood test markers within the normal range of a non-cancerous person.

I asked Nicky what she would say to others faced with a cancer diagnosis unsure of which way to turn, she replied: "Please try it and see how much better you feel healing naturally, compared to using conventional treatment, I have seen first-hand what chemo does after her 11-year-old niece and a few of her friends had sadly lost their battles. Cannabis not only helps with cancer but also with so many other health issues, it's truly amazing".

Nicky has admitted she feels silly agreeing to the mastectomy and radiotherapy, now knowing full well that neither of these actually heal cancer, removing body parts only leaves other organs vulnerable and radiotherapy (like chemo) cannot kill the cancer stem cells and is also a carcinogen, so they potentially encourage further cancer growth in the long-run.

I don't think Nicky is silly at all, I think she was pressured and pushed into a direction which she felt she had no control over during such a stressful period in her life, now is a totally different story, the confidence Nicky has with self-medicating is second to none and she's completely in control of her health.

CORINNA ALANDT

Corinna is first and foremost a mother of 2, she lives in San Francisco and is an executive at a Fortune 500 company. In 2019 her personal life was incredible and full of joy, however sadly, at the beginning of the year her physical life took a turn for the worse when she was diagnosed with breast cancer. Whilst faced with this challenge, the ever-positive Corinna stated - "without change there would be no butterfly", so following a lumpectomy she turned to CBD oil to help with the pain from surgery. Head on - full of research, Corinna soon discovered that full extract cannabis oil (FECO) has the ability to heal cancer, therefore, she started to self-medicate and add this to her protocol alongside the CBD.



Lack of sleep is a scientifically proven carcinogen and Corinna had suffered terribly with insomnia for many years before her diagnosis, so you can imagine how elated she was when the FECO helped her sleep solidly throughout the night which gave her body the uninterrupted time it needed to heal and boost her immunity, which is the prime time when our bodies repair the most.

Despite Corinna living in a cannabis legal city, shockingly none of her medical doctors at the highly respected teaching hospital she used, supported the use of cannabis of any kind for pain relief or actual healing and it wasn't until Corinna made the transition to a holistic doctor that she rightfully received the assistance she needed to be able to incorporate cannabis oil as part of her on-going protocol.

At the end of 2019, just 10 months after diagnosis, Corinna had received the all clear, which she put down to the combination of alternative methods; cannabis oil, healthy eating, supplementation and self-care. These were part of the terrific combination that was needed to pull Corinna back into divine health.

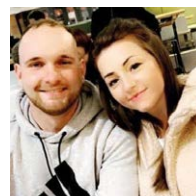
In order to help others, overcome their battles with cancer, Corinna wrote and published a book called "My Promise", which was her promise to herself to give back to others and help inspire and motivate their treatment choices, whilst dealing with such a crucifying diagnosis.

Corinna has dedicated the book (available on Amazon) to women who are confronting breast cancer and her story is about believing, having faith and sharing all that she learned to others that may need it in their time of need.

Although Corinna didn't get the support she needed from her Western doctors, she does admit to being truly blessed to live in a state where cannabis is legal and hopes that this miracle plant can one day be welcomed across all states and all countries to offer the healing that people need.

LAURA BURRILL

British mother Laura, works as a Health and Social Care Assessor and had been suffering with severe ulcerative colitis, depression and anxiety for the past few years until she started self-medicating with full extract cannabis oil (FECO). Laura described her health as being very poor and sporadic. Some days she would struggle to get out of bed each morning, due to the constant pain, weakness and lethargy.



A knock-on effect of having to deal with the colitis, was severe depression as Laura's life was so much different pre-diagnosis and the detrimental effects it's had on not only her health but her whole lifestyle caused a succession of anxiety and stress which led to depressive states.

Ulcerative colitis is an inflammatory bowel disease that causes inflammation and ulcers (sores) in the digestive tract, the innermost lining of the large intestine and rectum are affected the most, symptoms usually develop over time which can become so debilitating that the disease can lead to life-threatening complications.

Scientists have concluded that there is no known cure, the norm is that pharmaceutical drugs are prescribed which do nothing other than mask the pain, without actually addressing the root cause. This is how all pharmaceutical drugs work and it's more than likely the meds that Laura was taking could've also caused the depression as it is a side effect to most pharma drugs along with liver damage.

Laura is also back working full time, which was never an option pre-cannabis, due to the amount of pain and discomfort that she was experiencing. Laura hasn't divulged her treatment choice as yet to her doctor, purely because she's not needed to keep any



Image: Anastasia Depp

follow up appointments with her specialist, which is a great sign for anybody else that's suffering with colitis.

Taking the time to research the healing benefits of cannabis and hearing other people's success stories gave Laura the determination to start healing naturally; she was of course skeptical but realized she had absolutely nothing to lose and everything to gain and she most definitely has regained her health back, even noticing an improvement in her skin. The depression and anxiety are also now non-existent and on top of Laura's good news, her boyfriend surprised her with a surprise trip to Rome, where she walked for miles pain free.

Laura didn't feel confident travelling with her oil and on the second day of their trip she started to feel a flare up coming on, as soon as she got back home that was sorted straight after her dose of goodness.

Despite cannabis being illegal where Laura lives in the UK, that didn't deter her from deciding to take her own health into her own hands and just 3 months ago she started taking small amounts of FECO on a nightly basis. Almost immediately she started feeling the benefits and her health now can only be described as amazing! Not one colitis flare up has happened since her new protocol, which used to be a very regular occurrence. Laura's energy levels have increased, she has no more pain and she's finally got her life back after suffering unnecessarily for so many years before.

Cannabis works so well with chronic bowel diseases as first and foremost the plant is a natural anti-inflammatory, the cannabinoids found in cannabis work in the very same way the internal endocannabinoid system works by reducing inflammation. Sadly, many people are put off from using cannabis due to insufficient scientific proof, however Laura's success story is evidence enough that cannabis does heal colitis.

TONI RIDDICK

In 2018, British born Toni was diagnosed with Triple Negative Breast Cancer, this was the same cancer type that I developed so I know first-hand how aggressive the cancer can be and also how manipulative the oncologists are with their treatment choice, which is why Toni felt pressured to go through the whole cut, poison and burn recommended route (surgery, chemotherapy, radiation). This conventional treatment was so torturous that Toni had decided to self-medicate with full extract cannabis oil (FECO) and separate CBD oil to help counteract the side effects.

Toni was well versed in cannabis as her (late) father would often discuss how he felt the plant should be decriminalized and she regularly smoked



Image: marjiana1

recreationally during her younger years before she embarked on her chosen career, however she did often continue to turn to a joint to help with daily stresses and strains.

The cancer treatment was harsh - she constantly felt nauseous and was unable to eat much, all her senses were destroyed, taste and smell suddenly became non-existent. The FECO did help with these aspects as it improved her appetite and most importantly her sleep, which is when our bodies heal the most.

When Toni tried to discuss incorporating cannabis into her treatment protocol, her oncologist simply dismissed it, excusing its efficiency that there was not enough "scientific evidence" (this also will be down to The Cancer Act 1939). However, Toni still bravely ignored his feedback and continued with her plant medicine and thankfully she did as her tumor started to shrink. Her oncologist had admitted that he wasn't 100% sure whether the chemo would actually work, so the results were encouraging that cannabis could potentially be the main driver.

Now 2 years on and Toni is cancer free, it's unknown whether the cannabis oil or the chemo/radiotherapy concoction played the biggest role, but what we do know is that conventional medicine doesn't have the ability to kill the cancer stem cells (the roots of the tree) therefore there's always the incline that the cancer will resurface as the drugs used are also carcinogens and do actually encourage new cancer growth, however Toni does continue to take FECO which should cause apoptosis on any new cancer cell formation.

Toni looks back and admits that the toxic pharmaceutical treatment left her with osteoarthritis, which the FECO now controls, she's now able to relax more easily and her appetite is increasing day by day. Not only that but her anxiety and stress levels, which were at one point through the roof, are now at a nice manageable level. Toni no longer

needs to take any toxic antidepressants, she no longer suffers from migraines and she no longer has digestive problems. Both chemotherapy and cancer will play havoc with your gut health due to the toxicity, which is known as "leaky gut". Cannabis actually repairs the gut inflammation and restores the perfect balance. It's vital to understand that all disease begins to form from the gut and Toni is super conscious to keep this part of her anatomy super healthy.

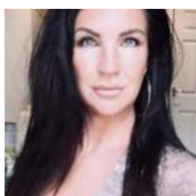
I asked Toni what advice she had for Weed World Magazine readers that may have just been diagnosed with an aggressive form of cancer and her reply was - "DO NOT be afraid to challenge conventional medicine or its supplier (the doctor), I would recommend that everyone tries alternative medicines, especially cannabis - a natural plant created by Mother Earth, if you were to weigh up the options against toxic chemical compounds, there would be NO COMPARISON".

KELLY JOHNSTON

Scottish mother Kelly had a very exciting past, from being in the hospitality industry for almost 25 years and running her own bar for the last 13 years alongside traveling the world for many years in between, her path can only be described as non-stop fun and excitement. However, Kelly proudly admits that consuming cannabis has been the crossroads in her life when she realized, she had to take hold of what was becoming a huge part of her every day existence: alcohol!

Kelly openly divulges that she struggled to fill a void in her life which was built up from childhood trauma, she felt the only way to come to terms with emotions that seemed out of her control was to drink her pain away. A pain that she describes as "deep within and nagging away to be acknowledged and healed". At the time of indulgence, Kelly was never aware of her habit, nor was she aware that her friendships and relationships were at risk.

Brought up in Scotland it was the norm to heavily consume alcohol, conditioned in a way to feel that if you didn't get involved you were "the odd one out", what didn't help was the random quote of "if you don't drink, you're untrustworthy!" - An impressionable young lady as she was, she got carried away with the vicious trait that society had a hold on, that she actually believed the quote that she grew up with. Kelly explains that after a drinking session she would be filled with anxiety, she was simply wasting her life away, a one-day bender ended up in a two-day recovery and then post recovery the anxiety struck until she turned to alcohol again. A vicious cycle which; when later looking back on life, Kelly reckons that she wasted 5 months of every year due to recovery and/or withdrawals and that was based on only one day



drinking session, often they would be longer.

Deciding that enough was enough, Kelly started to self-medicate with full extract cannabis oil (FECO) this gave her the strength she needed to turn her back on the lifestyle that was crucifying her deep down for so long. Her life has dramatically changed for the better, moving away from the bar and starting a new career path, something she never envisaged to happen so suddenly, she's now training to be a psychologist and a life coach, two areas where she can bring plenty of knowledge and wisdom from her own background.

Of course, Kelly was concerned with replacing one vice with another, and many (uneducated) people still view cannabis to be the gateway drug, however cannabis is not a drug like alcohol, cannabis is a natural plant and the only addiction it provides - is the feeling of feeling well! Kelly also agrees that alcohol can be destructive and soul destroying, but she also agrees that it can be relaxing and sociable if used in the right context. Whereas Kelly used to hide her feelings and insecurities with alcohol she now has found a better sense of appreciation for herself from using cannabis.

I asked Kelly to sum her life up now and she said, "I am no angel and I still have a glass or 5 of wine on a girl's night out, but all in all, I am much happier and consistent in my thought patterns and patience. I see the world through different glasses and I feel FECO released me from my chains and I'm in love with the vision these glasses have given me".

I would personally like to thank all of these incredible ladies for their very real and very courageous feedback on how they've learnt to self-heal by self-medicating, so, yes, I would now admit that self-medicating is actually the "new norm".

If you have a self-medicating story that you want to get out there to help encourage others to heal naturally, please get in touch myway@deemani.



Image: Erin Stone



CHEF
**SEBASTIAN
CAROSI**

COOKING WITH CAROSI

A BOWL OF AUTUMN GOLD

Generally, around late August we start to see the plethora of winter squash ripening. Then over the next few months you will see everything from curry to hubbard, and buttercup to delicata. Winter squash are some of the most delicious, nutritious, and versatile ingredients of the autumn season. Unlike their summer squash counterparts, winter squash is harvested in autumn when they are hard, ripe, and ready. Most of the winter squash varieties are “keepers” and can be stored and enjoyed for constant use throughout the winter months. Having lived, cooked, and gardened for many years in New England, I quickly learned my cucurbits. Several of my favorite happen to be heirloom varieties, seeds that have been passed on for many years, over 100 to be exact. Among my favorites are old-school names like hubbard, buttercup, red kuri, acorn, Kakai, Boston marrow, North Georgia candy roaster, Lakota, sweet meat and Hopi pale grey.

Over the years, I have kept my hunger for cucurbits alive in many ways including sourcing very rare native American heirloom squash seeds to grow and utilize on my hyper-seasonal and locally driven, weekly changing menus. With family roots in the mountains of Italy, Abruzzo to be exact, I was able to dig up several old family recipes that were easy to incorporate into my ever-expanding culinary cucurbit repertoire. Although now most of my cooking is done at home, I still utilize and often chase down rare winter squash to make the simplest of Autumn dishes. This is mostly soups, but every now and then a curry, or a risotto, and when I get rambunctious – pansotti a little pot-bellied ravioli filled with roast winter squash and

served in a sage brown creamery butter. Yum.

This very simple and very nutritious soup recipe generally contains a mixture of as many different winter squashes as you can find and would like to add. Truthfully, the more the better. I usually use a combination of heirlooms such as hubbard, buttercup, butternut, sweet meat, and red kuri. They all seem to bring their own complexity to a soup with so few ingredients. I usually try to keep the THC dosage on warm soups from 2 to 6 milligrams, so no one gets totally wrecked in front of the family. If you are seeking a different result, around your family members during the holidays please feel free to serve them two or three bowls and sit back and enjoy the evening. I hope you will enjoy the simple depth of flavor each squash brings to the pot. A quick chef's note: this velvety smooth soup is best enjoyed smoking the best of your harvest with loved ones in front of a warm crackling fire.

A BOWL OF AUTUMN GOLD WITH POPCORN, HONEYED YOGURT, AND FRIED SAGE

Prep: 45 minutes | Cook time: 1 hour | Yield: 8-10 servings
Total THC/CBD: depends on the potency of products used
Status: can potentially be completely vegan but some things would have to be manipulated (this fall soup is the bomb)
From the cannabis pantry: cannabis coconut oil, cannabis maple syrup, cannabis olive oil, decarboxylated kief

Equipment needed:

Lined baking sheet, medium stock pot, wooden spoon, hi-speed blender, small + medium stainless-steel mixing bowls, potato peeler, chef knife, cutting board, small whisk.

Provisions needed:

- 1 lb. organic carrots
- 2 lb. misc. organic winter squash (such as butternut, hubbard, red kuri or buttercup)
- ¼ cup + 2 tbsp fresh organic ginger (cut into thick rings)
- 1 med organic sweet onion (peeled + large diced)
- 1-2 tbsp cannabis olive oil
- 1 to 1½ quarts water
- 14oz can unsweetened organic coconut milk
- pinch of each ground cinnamon, nutmeg, and allspice
- ¼ cup cannabis coconut oil
- 2oz pure cannabis maple syrup
- 1 tbsp jacobson kosher salt
- ¼ tsp ground organic white pepper
- ¼ gram decarboxylated kief (optional)
- 1 drop true terpenes eugenol
- 1 cup popcorn (yeah, you can use that already popped store bought shit)
- ½ cup greek yogurt
- ¼ cup cannabis infused honey
- 6-8 fried small sage leaves

Equipment & product sources:

www.magicalbutter.com (mb2e botanical extractor)
www.trueterpenes.com (terpenes)
www.jacobsensaltco.com (local sea salt)

How to make it:

- roast all the vegetables for the soup. preheat oven to 425°.
- peel, seed and cut squash into 1-2 inch cubes add to a stainless-steel bowl, toss the squash cubes, onions, and ginger with just enough olive oil to coat, season with salt + pepper.



- pour seasoned squash mixture on to a parchment lined sheet pan.
- roast in a preheated oven until squash is tender but not browned, lightly roasted (lacking any caramelized coloring), about 20-24 minutes, set aside at room temp.
- to make the soup. in a large stock pot add the roasted squash cube mixture and all the remaining ingredients including maple syrup and the remaining fresh ginger.
- bring to a boil over medium heat, reduce to low, simmer for 20-30 minutes stirring occasionally.
- let cool for 45 minutes to an hour.
- add the terpenes.
- puree the soup in batches using a hi-speed blender, adjust the seasonings and pool the pureed batches into another stock pot. mix well.
- to make the honeyed yogurt, mix the greek yogurt and honey in a bowl and mix well.
- to fry the sage leaves. heat a little regular oil up in a small sauté pan and fry each leaf until crispy, about 45 seconds or so.
- to serve the soup, reheat to desired temperature. fill each bowl with desired amount of soup. add a tablespoon or so of honeyed yogurt to each bowl, a scattering of popcorn and a fried sage leaf or two. enjoy whether on an autumn day or not.

Chef Sebastian Carosi: A Short-order Cannabis Revolutionary

Sebastian Carosi is a farm-raised, old-school culinary professional with over twenty-five years in the restaurant and hospitality industry and a pioneer in the country's 'farm 2 fork' movement. Originally from Providence, Rhode Island, Carosi grew up on Federal Hill where the Mafia ran the red sauce pasta houses of Little Italy. It was here that Chef Carosi earned his culinary & hospitality degree from the Western Culinary Institute in the lush green city of Portland, Oregon. Following on from this, he did several apprenticeships in Sardinia, Italy at his family's agriturismo and is one of only three trained shaker chefs left in the world. During his career he has cooked from coast-to-coast and in several countries outside of the United States, but he has also operated across the entire spectrum of food service facilities, from multi-million-dollar mega resorts to thriving intimate neighborhood eateries, while always maintaining a direct link to every local food source and farmer that can feasibly supply his needs. Chef Carosi is an avid Pacific Northwest forager and wildcrafter, living off the grid for several months each year in the foothills of Mount St. Helens. These wild edibles are expressed throughout his hyper seasonal menus. While he has been cooking with cannabis since the mid 90's, Chef Carosi

currently offers his expertise to the cannabis industry in the form of cooking with cannabis educational culinary demonstrations, product research & development, cannabis production kitchen design and upfits, production kitchen staff training, standardized recipe development, terpene fortification, dosage calculations and formulas, production schedules and staffing needs, production equipment training, conference cooking demonstrations, full spectrum cannabis consumption, responsible diabetes control through cannabis, private cannabis dinners, cbd and terpene-fortified cocktails and mocktails, everyday cooking with cannabis and the health and nutritional benefits of cannabis in your kitchen. You can read his regular cooking with cannabis column in the pages of Maximum Yield magazine here in the US and in Canada or find his chronic cannabis creations in the pages of Kitchen Toke, Cannabis, Tokewell, Marijuana Venture, Civilized, Weed World Magazine, The Emerald, Soft Secrets, The Clever Root, Stoned Daily and the Green Greek magazine in Greece. You can find him doing sustainable grub cooking with cannabis, terpene fortified culinary demonstrations at the Seattle Hempfest®, the Boise Hempfest, the Oregon Hempfest, the Auto-Flower Cup, the Oregon Hemp Convention and regularly at the Northwest Cannabis Club in Portland, Oregon... he also shares most of his terpene fortified recipes on Instagram.

#SHORTORDERCANNABISREVOLUTIONARY IG: @CHEF_SEBASTIAN_CAROSI | TWITTER: @CHEFCAROSI | WEEDTUBE: @CHEFCAROSI



AMERICA'S CANNABIS LEGALIZATION: NEW YORK MAY BE NEXT

Written by Paul James

On Tuesday, November 3rd, four more states were added to the list of those that allow recreational sale and possession of cannabis: New Jersey, Arizona, Montana, and South Dakota. Not to mention, Mississippi has officially legalized medicinal marijuana sales and Oregon has legalized psilocybin mushrooms for therapeutic purposes.

It was a big day for America with over one-third of the country now having a legal right to consume cannabis. However, the hype is far from over.

According to New York's Governor Andrew Cuomo, the state will legalize cannabis by April of next year. With measures being enacted as early as January.

If the Empire State were to legalize, that would give nearly 20 million more people access to legal cannabis and set a standard the rest of the country is bound to follow. Throughout this article, we're going to explore New York's legalization initiative and what other states to keep an eye out for in future elections.

Legal Cannabis in New York, Long in the Making

At the start of the pandemic, New York was one of the states hit the hardest. Not just in terms of COVID-19 cases, but also financially. More and more New Yorkers are leaving by the day and, with that, there's a huge economic decline from what was once considered the financial capital of the world.

While there have been many ideas tossed around about how to bring back this economy, cannabis seems to be one of the most promising. Illinois is a prime example as they just started legally selling cannabis this past January and had seen over \$100 million in tax revenue by October.

It's obvious New York has been keeping a close eye on Illinois and plans to implement some of the measures the state took with this extra income. Cuomo has already discussed prioritizing social equity programs along with his hopes for economic development.

However, New York is paying even closer attention to neighboring state New Jersey. As mentioned, New Jersey had recreational cannabis on the ballot this past election day. Voters showed their voices with nearly 70% in favor of legalization.

"We're watching New Jersey closely," noted Alex Bernabe,

Assistant Council of Cuomo's office, told Canopy Growth Corporation. "We've always been confident that we'd get to this before New Jersey. So, if they pass the referendum, they still have to have an agreement between the governor and the Senate over there."

Unfortunately for New Yorkers, New Jersey has already beat them to it. A top New Jersey senator made it clear to pass the enacting bill as early as the first week of November. While Cuomo has attempted before to make legalization a thing, he consistently finds himself in stalled negotiations with New York's legislature.

"We're working on this," Bernabe assured. "We're going to reintroduce this in our budget in January. We think we can get it done by April 1st."

Cuomo's plans for legalization in April include furthering public safety and continuing economic development. However, he also speaks of social equity programs for communities who have been most impacted by the war on drugs. Being as New York is keeping such a close eye on other states who've already legalized, they plan to learn from their faults and work to improve legalization measures.

Regulations for the Hemp and CBD Industry

Cuomo's plans don't stop at recreational cannabis itself. He also wants to further regulate cannabinoids derived from the hemp plant - most notably, cannabidiol (CBD). Existing rules will continue to protect those growing hemp for uses beyond CBD products. However, throughout 2021, Cuomo wants to make some "final tweaks" to New York's CBD industry.

"We're excited because we've taken the bull by the horns - so to speak," Bernabe discussed. "I think people recognize that there are a lot of sectors or product lines that haven't really had some thorough regulation attached to them. You can pick a number of them, but probably the most high-profile or obvious ones are something like vapes - so, CBD or other cannabinoid extract vapes. Flower, even some

tinctures, and foods and beverages.”

Food and drinks are some of the most notable regulations Cuomo has in mind. One idea they’ve been tossing around is putting a maximum limit of 25 milligrams (mg) of CBD per dose within drinks.

“We’re really looking at every product class and trying to strike a balance between consumer protection and letting people have what they’re obviously using extensively for health and wellness.”

One issue with this is it’s almost guaranteed Cuomo and his staff don’t consume cannabinoids of any kind. With that, their regulations will be based on the information that’s out there. And if you’ve been around this industry as much as we have, you already know there’s a ton of misinformation surrounding CBD and hemp.

What Other States Are wBound to Legalize

Cuomo and many others project the idea that New York will become the blueprint for other states who want to legalize. Especially those that are so close and still haven’t taken action, like Connecticut, Rhode Island, and Pennsylvania.

While we’ll have to wait and see whether this holds true or not, it’s almost certain more states will follow New York and legalize. As mentioned, the COVID-19 pandemic has thrown the country into a recession many are eager to get out of. Cannabis may just be the answer.

With that said, there are a few states to keep an eye out for:

Arkansas

There have been recent efforts made by the Drug Policy Education group to not only spread information concerning cannabis but collect signatures in favor of legalization. Arkansans for Cannabis Reform had proposed an initiative in July 2019 that would give already-established medicinal marijuana shops the right to sell to a recreational market.

While there hasn’t been much information surrounding where these efforts have gone, it is known that by January of this year, the group had collected 10,000 of the 90,000 signatures required for the ballot. The Marijuana Policy Project has given endorsement to these efforts but hasn’t offered much funding.

Admittedly, Arkansas is a very red state that doesn’t seem to have as much of a desire to legalize cannabis as other states. However, with the right education and efforts from groups such as Arkansans for Cannabis Reform, an official initiative may be just over the horizon.

Florida

We don’t have the highest hopes for Florida legalizing as soon as other states on this list. The fact that they

had banned cannabis flower for medicinal purposes until recently shows the mindset lawmakers within the state have.

However, initiatives for recreational use have been developed over the past few years. Most of these efforts are prompted by the organization Make It Legal Florida who collected around 390,000 signatures last November confirming that those in the Sunshine State are interested in adult-use cannabis.

Pennsylvania

In October 2019, two Democratic state senators introduced a legalization bill that would focus on development for small businesses along with social equity. That September, Governor Tom Wolf pleaded legislature took a closer look into the policy reform.

Unfortunately, Pennsylvania is a fairly red state and hasn’t found any significant Republican support. However, this hasn’t stopped talks about making reform efforts within the state.

New Hampshire

New Hampshire is officially surrounded by legal territories - whether it’s their neighboring states of Vermont, Maine, and Massachusetts or the Canadians to the north. With that said, there have been about a dozen cannabis-related bills filed for the 2020 legislative session - two of which were for recreational legalization.

Unfortunately, Governor Chris Sununu opposes legalization and thwarted these efforts. However, his mind may have changed since these initiatives were initially made as the COVID-19 pandemic has taken its toll on the economy.

North Dakota

With neighboring state South Dakota legalizing both medicinal and recreational cannabis on the same day (a first in the history of this country), North Dakota has been considering similar actions. The organization Legalize ND had released an adult-use ballot initiative back in July 2019 - through, there were little to no actions taken concerning this measure.

Legalize ND was hoping to place specific limits on cannabis possession, set in place a 10% tax on all products sold in dispensaries, and ban home grow efforts. While these regulations would potentially appeal to the Republican dominant state, they have yet to make any effect.

Virginia

Within the past few months, Virginia opened up their first medicinal cannabis dispensary. Now there are plans for a cannabis legalization bill. The first attempts by Del. Steve Heretick were admittedly stalled in the legislature.

However, further efforts are continuing to be made with the Marijuana Policy Project showing much commitment to the state.

CANNABIZ

MY WAY CBD • TWO WOMEN ON A MISSION

Following on from the Amazon best selling cancer book called "My Way", author Dee Mani-Mitchell decided to launch a brand of CBD oils and wellness products with a difference.

Teaming up with Cannabina owner Gemma Mackay (a brand on the same mission), to specialize in all natural CBD healing solutions to add value to the world of natural healing by revolutionizing the attitude towards hemp derived products, and the wellness cannabinoids bring to people's lives.



Dee is a best selling author that aims to create a better understanding of our health, our world and our place in it - a mission which has cast her in many different roles: author, motivator, supporter, inspirer, advocate and awareness raiser.

Gemma is a successful businesswoman that has relied on cannabis for many years to help deal with her own health issues, who is constantly breaking down barriers with her beliefs that healing should be built into how we live more naturally.

Between them they have a mission - to improve the quality of lives through natural and effective healing solutions, with a 'complete transparency' and strict 'no nasties' policy, that ensures an entire product range which is always free from: Harmful chemicals, pesticides, solvent residues, toxins,

chlorophyll, fats & lipids, preservatives, sulphates, mineral oils, parabens, animal testing, artificial colours and perfumes.

All products are also vegan, non-GMO and Kosher. All products are formulated with the finest lab tested CBD oils. All broad spectrum products are all guaranteed THC free, as tested & certified by both US & UK laboratories. All CBD oils and products are tested and certified by independent laboratories, COAs available upon request.

Broad Spectrum - Zero THC / Zero Risk

High CBG content.

Hemp derived, no nasties, vegan friendly, no parabens, no sulphates, no mineral oils, no harsh chemicals.

To find out about My Way's unique product range, visit www.mywaycbd.com



ALL NATURAL - ALWAYS.

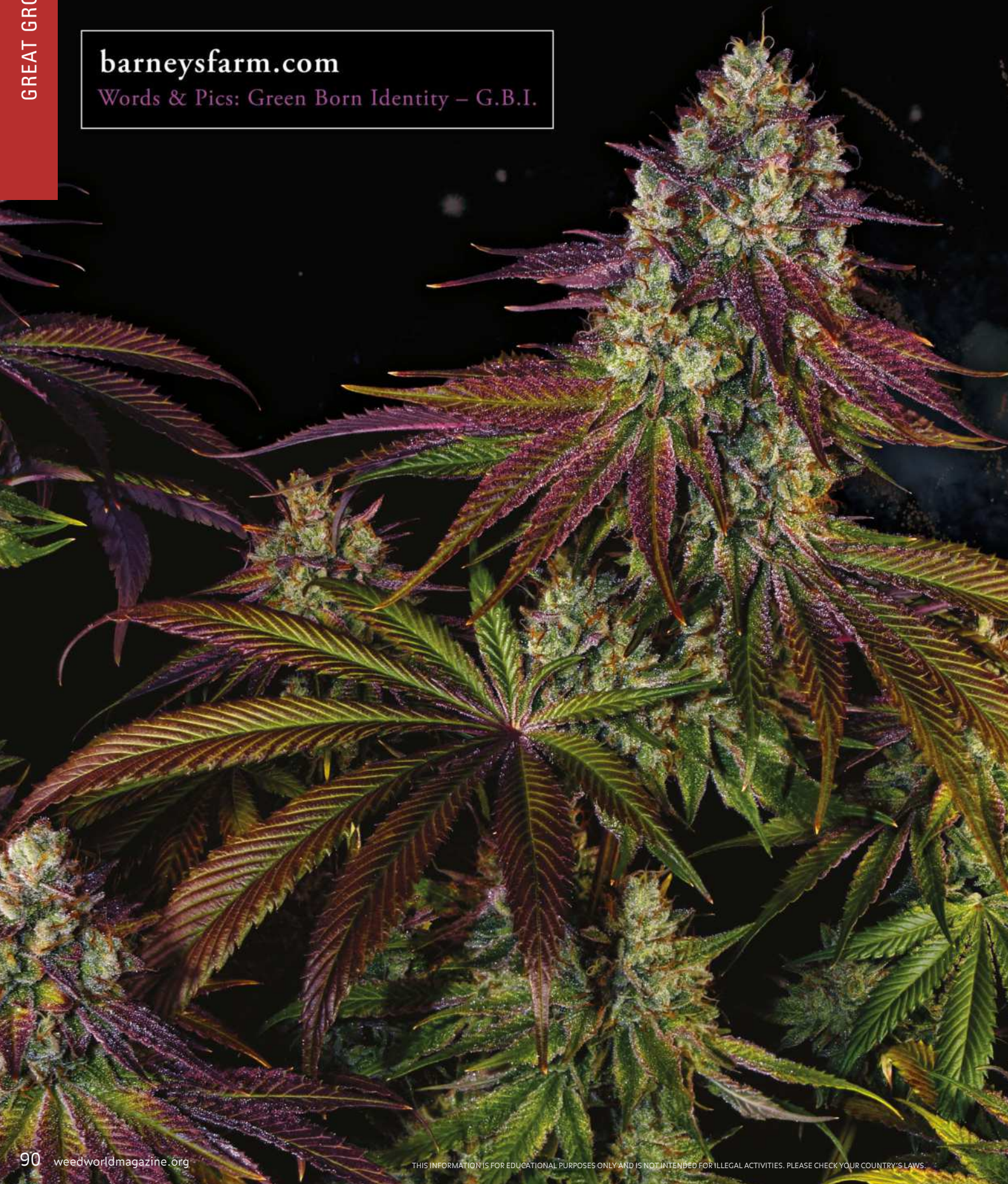


Mimosa Evo

A Triumph of Strain Evolution

barneysfarm.com

Words & Pics: Green Born Identity – G.B.I.



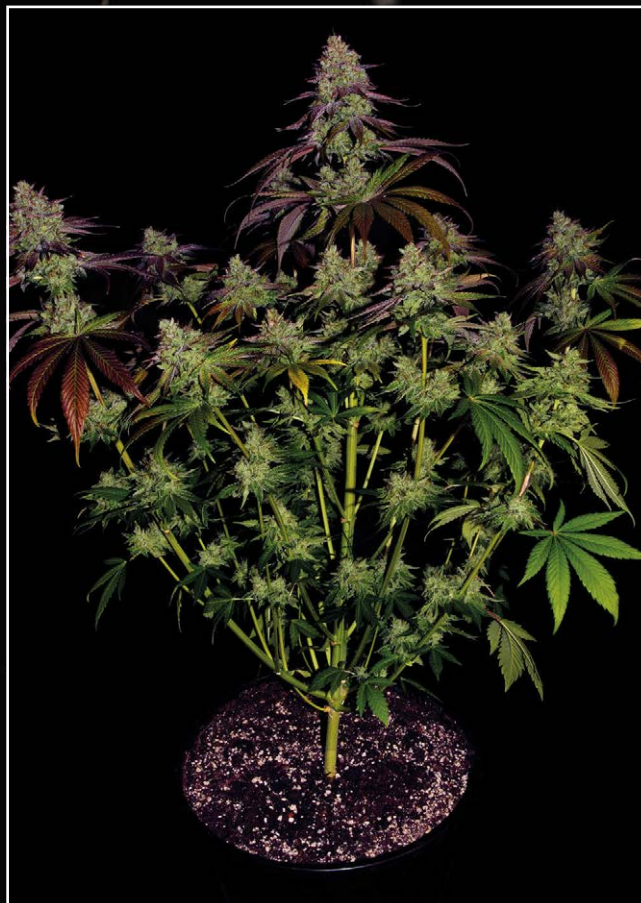
Already studded with an impressive amount of strain jewels, 2020 saw another prominent addition to Barney's Farm's Cali Collection: Mimosa Evo appeared on the green scene. Bred by Symbiotic Genetics from Clementine and Purple Punch, the Mimosa strain has risen to prominence in the USA. Barney's Farm's Mimosa version is an enhanced one though, kind of supercharged, that's why they've fittingly called it "Evo" which stands for evolution: With Barney's own Orange Punch genetics, Mimosa was amalgamated into a new mega-strain! Which is of a super fruity nature as both parental plants are bursting with citrus aroma so that Mimosa Evo comes with a likewise huge load of citrusy terpenes, yielding a tropical taste with notes of orange and lemon, blended with a bit of berryliciousness. Scent-wise, this variety serves an exotic cornucopia full of tangerines and other tropical fruits. But this indica-dominant (60%) cultivar is not only a horn of plenty in terms of aroma, the same is true for its yield which can amount to bountiful 700 g/m² indoors, with Mimosa Evo under optimum conditions even being able to notch up its performance and push the harvest boundaries further. Looking at its potency, the chain of superlatives doesn't stop: while Mimosa Evo buds are supposed to have a THC count of already tremendous 24-26% on the average, most spectacular 30% shall be achievable for experienced growers! Inside the plants need 65-70 days of flowering to produce their big resin-drenched buds and finish them. Outside they are able to go strong as well: Standing 200-220 cm tall, the plants' maturity sets in as early as at the beginning of October, providing a possibly record-breaking yield of up to more than two kilos per plant. Other good news for cultivators is that Mimosa Evo is fairly easy to grow, on a difficulty scale from 1 to 5, Barney's rates it at 2. The strain's mightily strong effect delivers on both sides of the spectrum, being energetic and euphoriant but at the same time also relaxing. That's why Mimosa Evo, despite its utterly strong potency, is considered a good daytime smoke by Barney's – well, one mustn't necessarily smoke a whole fat doobie in broad daylight, particularly not if complex demanding tasks have to be performed.

Mr. Knolle gets the new strain stunner from Barney's Farm started

Mr. Knolle was super keen to grow this new strain stunner from Barney's Farm and got two feminised seeds going. Unsurprisingly, they germinated in the best manner possible - after less than three days, the two seedlings started their above-ground growth. In the 3.5 weeks veg stage determined by Mr. Knolle, pretty lock-step they grew into stocky plants with a good scaffold of branches and medium wide green shade leaves. When the flowering phase was triggered, the two Mimosa Evos stood at 28 and 30 cm in height.

A very early generous resin shower and beautiful purple red colouring

They delivered a quick response to the clock switch from 18/6 to 12/12 - as soon



as six days later, Mr. Knolle detected female preflowering. The flowering process continued at a fast pace, after 2.5 weeks of flowering, the two plants were bestrewn with thick knobbly "rosebuds" that promised a rich bloomage. Five weeks had passed when Mr. Knolle stared at numerous young buds that were already looking strikingly frosty at that early point, covered by a densely woven trichome carpet. "If this early generous resin shower is going to continue like this, these two plants will easily range among the most resinous plants ever grown in my closet", supposed Mr. Knolle. There also was a sweet scent in the air already, unmistakably citrusy, indeed, early pronouncing a lovely orange character. Another cause of joy was the fact that after flowering had kicked into full gear, both the flower leaves and shade leaves – some in their entirety, some in parts – started to become purple red, whereas calyxes remained green. The stem elongation factor was about 2 during the first four weeks of flowering so that the plants had meanwhile arrived at heights of approximately 60 cm.

An overwhelming resin festival with bulky buds and a fantastic aroma potpourri

In the second half of flowering, the Mimosa Evo blooming show was becoming really spectacular as an abundance of resin was literally pouring out of the buds now that were getting thicker and juicier every day, with prodigious sugary trichome layers piling up, until in the end that extreme resin production culminated in a view reminding of snow-covered mountains – mountains from which, wonderfully contrasting, purple red leaves were sticking out, likewise full of resin glands. Even the smallest of buds in the lower parts of the plants displayed such exorbitant trichome formations.

Said a totally stoked Mr. Knolle, “yee-haw! Mimosa Evo really offers one of the most trichome-rich visions I’ve ever witnessed, what an overwhelming resin festival. And then it even comes wrapped in a beautiful jazzy red garment, a real visual mind-blower! That immense resin coating of course airs an accordingly intense tropical fruit fragrance, you’d almost think these flowers have been spritzed with organic “Primavera” citrus spray because this intriguing aroma potpourri has it all – orange, tangerine, grapefruit and lemon. When he harvested them, those bulky fully ripe buds were engorged with resin production, super dense and hard. Having remained absolutely uniform until the very end, the two Mimosa Evos had gained final heights of 65 and 68 cm.

Heavenly fragrant dry buds like straight from a best of buds book

Weighing the dried and cured buds a couple of weeks later, Mr. Knolle read generous harvest rewards of 77 and 82 grams off the scale. He was blown away by the look of the final product: “these are some heavenly super fat nuggets that with their bombastic trichome encrustations are looking like iced. Could come straight from a best of buds book! Dried, they now have a different - but likewise attractive - colour appearance, looking partly blueish. When I close my eyes and put my nose into a jar with these magic flowers, terpenes in abundance are bursting out of it... such is the intensity that it makes me mentally travel to a beach bar in the tropics where I get served a fresh fizzy sweet citrusy cocktail – even more than I had expected, Mimosa Evo has proven to be an exotic fruit bomb that bewitches the senses.”

The smoke test: His taste buds do the hula hoop dance, an endorphin bubble bursts in his head

Glowing with excitement, Mr. Knolle rolled his first test spliff, with about half a gram of Mimosa Evo mixed with a bit of tobacco. He pulled it past his nostrils with relish and noticed that this was a sort of marijuana strain that even has an unlit joint smell like one aromatic fruit stalk. Then he got the “tropical wads of smoke” going... the dense, albeit silky soft smoke appeared as creamy as a coconut shake to him and just like that went down smooth. The Mimosa Evo weed ignited a true flavour fireworks in his mouth that whirled around his taste buds and made them do the hula hoop dance! Such a fresh and fruity orange flavour with a slight lemon twist Mr. Knolle had never tasted with a cannabis strain, and that kind of tingly exotic taste continued to dwell on the palate. Much as the flavour was a feast for the senses, the effect was another staggering contribution to this – after a few hits, Mr. Knolle felt as if a bubble full of endorphin had burst in his head, releasing nothing than euphoria that flooded his brain cells. It was that beloved feeling of utmost elation, of being on the bright side of life and supercharged with positive energy and serenity. Impossible to rest on the couch any longer in that state of mind... he leaped to his feet and spontaneously went for a bike ride through the burgeoning spring nature which gave him wonderful sensory impressions and a strong feeling of mental balance. En route he took a rest, happily smoked the second half of the spliff and felt another euphoric rush radiate throughout his mind and body which made him ride home full of vim and vigour.



The final verdict

Mr. Knolle’s final verdict: “Mimosa Evo was Barney’s Farm’s strain premiere in my grow room, and a most impressive one it was! It’s one thing to read terrific strain descriptions and get enthused by them, but another to witness then that they not only become true but far exceed one’s high expectations. This breathtaking strain is a little wonder of nature, must be some kind of breeding sorcery done by Barney’s! At least it’s a triumph of strain evolution. Now I cannot wait to test the next variety from this seed bank... I think I’ll get started next week.”

CULTIVATION DATA:

Genetics Mimosa Evo (Clementine x Purple Punch)

Vegetative stage 3.5 weeks (after germination)

Flowering stage 66 + 69 days / 65-70 days in general

Medium Plagron Light Mix soil, 10 litre pots

pH 6.4-6.7

EC 1.2–1.8 mS

Light 3x SANlight S4W, 1x SANlight S2W

Temperature 20-28°C

Air humidity 40-60%

Watering by hand

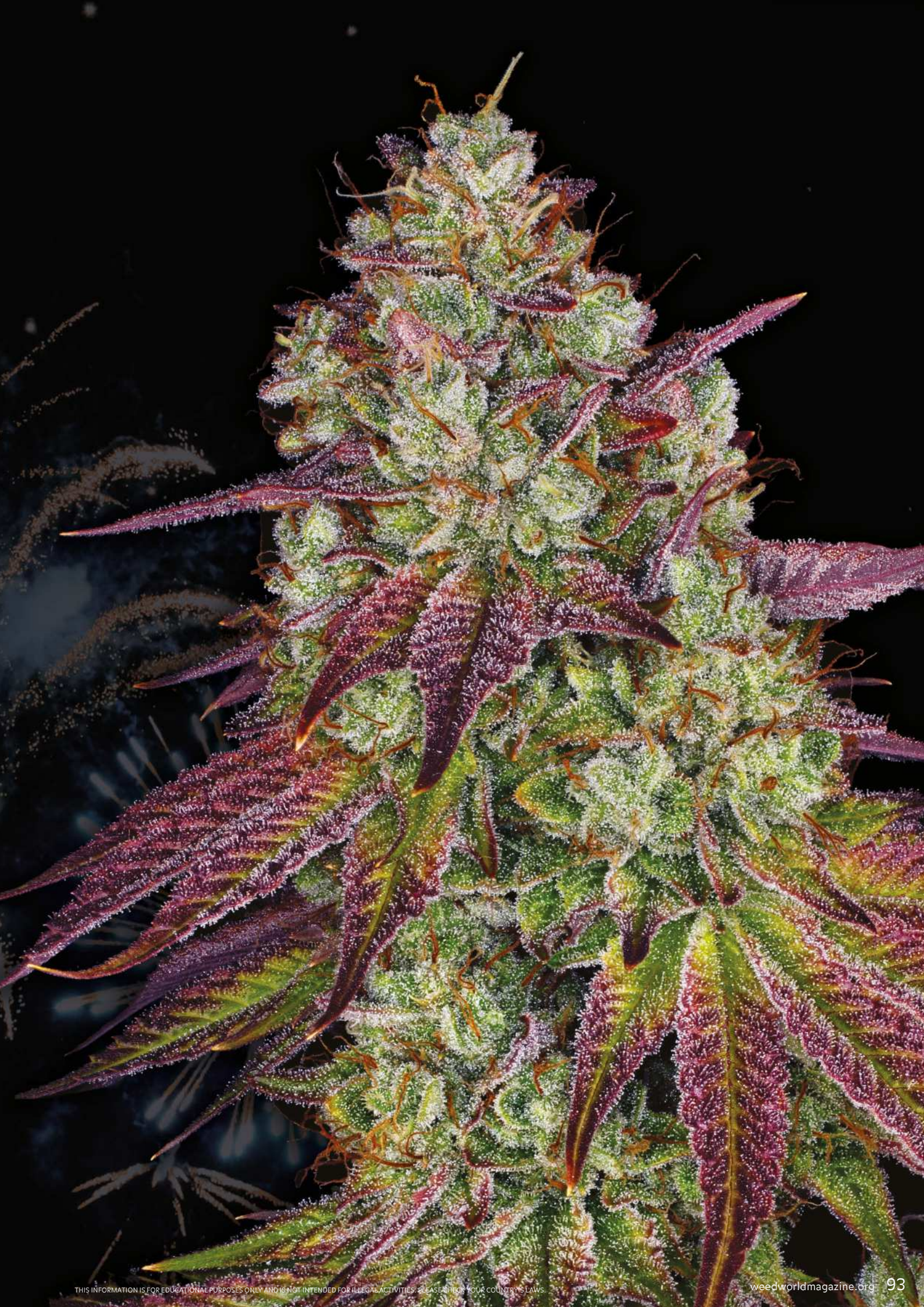
Fertilization Organic Bloom Liquid from Green Buzz Liquids

Additives/stimulants More Roots, Humin Säure Plus, Big Fruits, Fast Buds and Clean Fruits from Green Buzz Liquids

Tools CleanLight Pro for mould prevention

Height 65 + 68 cm

Yield 77 + 82 g







ARE PSYCHEDELICS THE NEW CANNABIS

FOR THE ALTERNATIVE MEDICINE INDUSTRY?

Written by Paul James

The novel coronavirus and its consequential lockdowns have caused a huge spike in mental illness. According to the Centers for Disease Control (CDC), this past summer, nearly 40% of Americans admitted to struggling with mental health concerns or substance abuse issues. Not to mention, 11% had considered suicide at one point or another during the pandemic. ¹

With this increase in mental illness, there's been a huge demand for further research for treatment methods. One route that's been garnering a lot of attention is psychedelic substances, such as psilocybin (magic mushrooms) and lysergic acid diethylamide (LSD).

Since it's likely that, here in the states, cannabis is going to be legalized nationwide (hopefully) within the next ten years, many are concerning themselves with other substances that have been outlawed, yet, hold medicinal value. For this reason, the emerging psychedelic industry has been coined the "new cannabis."

Throughout this article, we're going to explore the potential of psychedelics, how they may be able to help people during these unprecedented times, and what legalization currently looks like.

Researching the Forbidden

Under the United States and the United Nations (UN) standards, psychedelic drugs are considered Schedule I substances. In accordance with this category, they have a high potential for abuse and absolutely no medicinal value.

This bias of psychedelics was brought to light back in 1971 when President Nixon launched his war on drugs. In many regards, the attack was a direct response to the hippie counterculture of the late 1960s that embraced all kinds of uppers, downers, and - most notably - psychedelics. ²

Unfortunately, this stigma against psychedelics led to restricted research concerning the positive effects they may have on individuals. Luckily, many scientists are starting to realize the potential and are developing clinical trials of their own.

A New York-based biotech startup, MindMed (MMEDF), is currently looking into how psychedelics may be able to help individuals struggling with mental health conditions. Their current trials seek out the effects of psilocybin and LSD on individuals with anxiety, depression, and opioid addiction.

"I think that psychedelic medicines offer a new paradigm in mental health," JR Rahn, co-founder and co-CEO of MindMed, told Yahoo Finance Live. "Traditional medicines that are treating things like depression, addiction, and anxiety really are seeking to numb and mask the issues that surround these illnesses. So, things like Xanax, while they might make you feel better, they can also be highly addictive and are not dealing with the underlying problem." ³

The goal of Rahn's research is to see if whether or not psychedelics can deal with that underlying issue. To investigate whether or not the psychedelic experience can provide users with an innovative solution.

If you've done psychedelics yourself, it's likely you'll back up the claims made by many within the psychedelic community. That these are very powerful, therapeutic drugs which can give us insight into our lives and what we need to change.

While this is a great pitch for those slinging these drugs on the streets, it's not enough to push for legalization. Even more so, it'll make little difference in changing the stigma that's plagued psychedelics from receiving the research they deserve.

This is the importance of Rahn's work. He's breaking the barriers of "normality" and discovering the truth behind

these substances. More importantly, how they impact the brain both short-term and long-term.

"What we're interested in with NYU is to start training the next generation of psychiatrists on how we can start implementing psychedelic medicines into practices across America in order to, eventually, scale these medicines," Rahn mentions. "Once and if they are approved by the FDA [Food and Drug Administration], we're going to need a network of psychiatrists and therapists that are able to administer them to patients."

Rahn's words may sound a lot like wishful thinking. But as we mentioned earlier, psychedelic substances have seen an uptick in interest over the last few years. Especially, within the last few months with the pandemic. And, with that said, the change in perspective and development of research is starting to look a lot like cannabis's evolution from the "devil's lettuce" to the miracle medication.

Does Mental Health Need Psychedelics?

According to the World Health Organization (WHO), 1 in 4 people will struggle with a mental or neurological disorder at some point in their lifetime. 1 in 20 of these cases will be severe. ⁴

When something develops a high potency of interest, it doesn't appear out of nowhere. The interest in psychedelic drugs is, in many regards, recognition of the failures of modern medicine and therapies for treating mental health. As Rahn mentioned, current prescriptions for mental illness often put a mask on the serious problems - they don't address the true issues. And this is where the interest in psychedelics began.

"Psychedelics have robust and long-lasting anti-depressant effects," Shlomi Raz, co-

founder and chairman of Eleusis, told Pharmaceutical Technology. "Psychedelics are bringing these long-term benefits and essentially no side effects; that's the promise." ⁵

Since most research concerning mental health and psychedelics remains in the preliminary trials, scientists still aren't 100% sure exactly how these substances effect our brain. What they do understand is through observation of participants who've struggled with mental health conditions and taken these drugs.

Within the same Pharmaceutical Technology article, Ronan Levy, Field Trip Psychedelics founder, notes, "Psychedelics





have an immediate antidepressant effect, so you get a lift that helps people break out of their mental health conditions on a neurobiological experience. But they also seem to open up a period of neuroplasticity where the parts of the brain that tend to resist ideas are subdued, which really opens people up to being more responsive to the effects of psychotherapy.”

This willingness to “open up” to new ideas may be the key to breaking the negative cycle of mental disorders. Certain psychologists, like Jordan Peterson, have observed that conditions like anxiety often involve a negative feedback loop - when an individual participates in the same activities over and over again and, in turn, fuels their mental illness.

For example, if going into public gives you major anxiety, you may find yourself self-isolating simply to avoid this anxiety. The more you avoid it, the more you’re fueling the idea that going out in public is dangerous. The purpose of psychedelics - at least in these early phases of research - is to see whether or not they can break this loop. And the results of these preliminary studies is quite positive.

The Hault of Legalization - Optimism for the Future

As it has been for over half a century, the biggest thing holding researchers back from investigating psychedelics is their legal status. Without government support of these substances, it’s unlikely such research is going to be funded. Not to mention, even if a group of scientists can get ahold of the money they need, it’s quite difficult to legally obtain psychedelic drugs.

Luckily, changes are being made within the United States. Just this past election season, Oregon became the first state to legalize psilocybin mushrooms. With that, a

number of other states and cities have decriminalized the substance.⁶

These changes in law are bound to open the doors for further research - just as we’ve seen with cannabis. While public opinion will likely not be in favor of psychedelics for years to come, the fact that these opportunities are being made available now gives us a reason to be optimistic.

It shouldn’t be forgotten that it took cannabis nearly two decades to go from medicinally legalized in California to being recreationally legalized in 15 states and medicinally legalized in over 30. Progress takes time and, if cannabis has taught us anything, the overall opinion on certain drugs is shifting.

This is why psychedelics are being coined the “new cannabis.” Give it ten years and it’s likely cannabis will be a common household item like a bottle of wine or a case of beers. Those who believe in the earth’s ability to provide organic medicine will naturally seek out new avenues to explore. And psychedelics - with their emerging evidence to be therapeutic alternatives for mental health - are becoming that avenue.

Reference Sources

- 1 Centers for Disease Control and Prevention (CDC): Morbidity and Mortality Weekly Report (MMWR): <https://www.cdc.gov/mmwr/volumes/69/wr/mm6932a1.htm>
- 2 History Channel: War on Drugs: <https://www.history.com/topics/crime/the-war-on-drugs>
- 3 Yahoo! Finance: The psychedelic drug industry is ‘the new cannabis’ for investors: <https://finance.yahoo.com/news/wall-street-eyes-mental-health-as-the-next-great-growth-story-132619645.html>
- 4 World Health Organization (WHO): The World Health Report 2001: Mental Disorders affect one in four people <https://www.who.int/news/item/28-09-2001-the-world-health-report-2001-mental-disorders-affect-one-in-four-people>
- 5 Pharmaceutical Technology: Psychedelics: a game-changer in mental health? <https://www.pharmaceutical-technology.com/features/psychedelics-a-game-changer-in-mental-health/>
- 6 Forbes: Oregon Legalizes Psilocybin Mushrooms and Decriminalizes All Drugs: <https://www.forbes.com/sites/chrisroberts/2020/11/04/oregon-legalizes-psilocybin-mushrooms-and-decriminalizes-all-drugs/?sh=15f647d64b51>

THE **az** to

OF HEALTH COMPLAINTS

Knee Pain

Knee pain can be a symptom of many different conditions.

Knee pain after an injury

Possible causes

- Pain after overstretching, overusing or twisting, often during exercise: sprains and strains
- Pain between your kneecap and shin, often caused by repetitive running or jumping: tendonitis
- Unstable, gives way when you try to stand, unable to straighten, may hear a popping sound during injury: torn ligament, tendon or meniscus, cartilage damage
- Teenagers and young adults with pain and swelling below kneecap: Osgood-Schlatter's disease

- Kneecap changes shape after a collision or sudden change in direction: dislocated kneecap

Knee pain with no obvious injury

Possible causes

- Pain and stiffness in both knees, mild swelling, more common in older people: osteoarthritis
- Warm and red, kneeling or bending makes pain and swelling worse: bursitis
- Swelling, warmth, bruising, more likely while taking anticoagulants: bleeding in the joint
- Hot and red, sudden attacks of very bad pain: gout or septic arthritis

Source: nhs.uk

TAKE A LOOK AT THE STRAINS FEATURED ON THE OPPOSITE PAGE. THEY MAY HELP WITH SOME OF THESE SYMPTOMS.



Black Afghani Kush (reg)

MEDICANN

Seeds available from weedworld.co.uk

This original Afghani strain is exactly as it sounds, it is an original land race Afghani and is the best producing and strongest Indica around, from Afghanistan's Mazare Sherif region. Afghani cannabis is native to a high-altitude, mountainous environment, and as such, is naturally strong and able to ward off pests and other potentially adverse elements of nature. This plant is the base plant for so many strains that are available today across the globe.

Genetics : OG Kush x '76
Afghani x Black Domina

Indica 80% / Sativa 20%

THC: 22%

CBD: 4-5%

Harvest: from 50 to 55 days

Yield: 450 gr/m² indoor – 600
gr/m² outdoor

• THIS IS A REALLY HEAVY PRODUCER AND HEAVY HITTER •



Lemon Haze (fem)

SUPERCBDX

Seeds available from weedworld.co.uk

SuperCBDx have blended together their best Lemon OG Kush with Original Haze and White Widow to create a lovely sativa based Lemon Haze which has a sativa structure, with longer internodes than an Indica dominant strain. If grown indoors in hydro you may have to keep on top of her as she will want to get large! The SCBDx genes have added to the growth and yield to make this a formidable Sativa with high CBD and a lovely terpene profile.

Indoors/outdoors/greenhouse

Flowering Time: 65-75 days

Indica 20% / Sativa 80%

Medicinal Level: 100%

Taste: Citrus/Pine

Smell: Citrus/Pine

• A FORMIDABLE SATIVA BASED LEMON HAZE WITH HIGH CBD •



Medical Mass (fem)

ROYAL QUEEN SEEDS

Seeds available from weedworld.co.uk

Medical Mass is a new hybrid of Critical and Medical Madre. It's a predominantly indica strain with a lot to recommend it, and a solid genetic background that combines some of the best traits of Royal Highness, Royal Medic, and Critical Mass. The result of this hybridization is an enjoyable, low THC strain with good indoor and outdoor yields. It isn't cloying or overpoweringly skunky, so users who aren't seeking out low THC for medicinal purposes will still get a lot of enjoyment out of these buds.

THC: 10%

CBD: High

Yield Indoor: 500 - 550 gr/m²

Outdoor: 500 - 550 gr/plant

Flowering time: 7 - 8 weeks

Harvest Month: Late Sept.

Genetics: Critical Mass x CBD
dominant plant

Sativa 40% Indica 60%

Flavor: Sweet, Spices

• HAS A DEEP, RICH, ALMOST HONEY LIKE SWEETNESS •

All strains featured here are available from: www.weedworld.co.uk / orders@weedworld.co.uk / 01974 821 696

THCV FEMINISED



— BEYOND THC AND CBD —

How CBG and THCV are Shaping
the Future of Cannabis

BY TONY | DUTCH PASSION SEED COMPANY | [DUTCH-PASSION.COM](https://dutch-passion.com)

After a lifetime of enjoying THC, and more latterly CBD, we can all start looking forward to enjoying strains rich in new cannabinoids such as CBG (Cannabigerol) and THCV (Tetrahydrocannabivarin). Medical cannabis users and medical researchers in particular will be keen to know more about the effects and properties of these new cannabinoids. In addition to THCV and CBG, a great deal of behind-the-scenes breeding work is also looking at enriching cannabis strains in other new cannabinoids. It's an exciting time to be a cannabis consumer!

What is Cannabigerol? Growing CBG rich cannabis from seed

CBG is one of the many cannabinoids made by the cannabis plant. CBG is the non-acidic version of cannabigerolic acid, the parent or 'mother' cannabinoid which gives rise to many subsequently important compounds such as THC and CBD. That's why CBG is currently regarded as one of the most important cannabinoid compounds. If CBG production can be controlled, perhaps it will open the door for new varieties perhaps with even more THC than is currently possible.

During the growth of the cannabis plant, CBG is a hugely important pre-cursor. Without CBG the cannabis plant can't go on to synthesize crucial components such as THC and CBD. Because CBG is used as a building block for the production of THC and CBD, usually less than 1% CBG is left in the cannabis plant at harvest and, for many cannabis varieties, final CBG levels are below 0.1%. Cannabis needs to be able to produce CBG in large quantities in order to subsequently produce THC and CBD in high quantities. But CBG is more than just a building block for THC and CBD. CBG is also thought to have important medical benefits of its own.

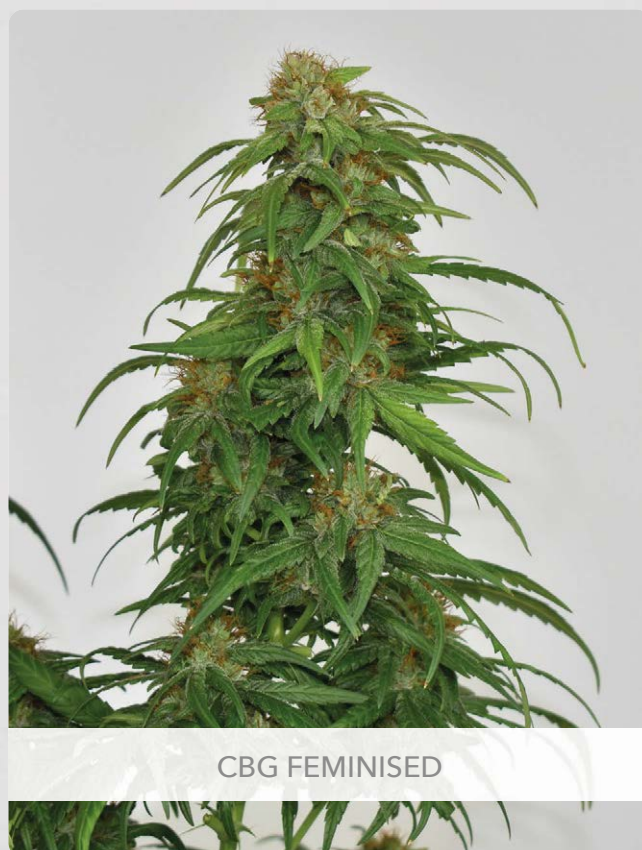
Dutch Passion have released the world's first auto and fem CBG (Cannabigerol) seeds. The team have received lots of questions about CBG seeds as well as the type of expected effects if you smoke/vape CBG weed.

Feminised CBG seeds and autoflower CBG seeds

The first two CBG rich cannabis seed varieties are CBG-Force (feminized CBG seeds) and Auto CBG-Force (autoflowering CBG seeds). With both strains you can expect THC levels below 0.15%. That means you can't get high from these strains. THC levels are simply too low to produce a psychoactive THC 'high'. CBG levels are around 15%.

What does CBG feel like?

Dutch Passion gave some CBG weed to their smoke test team for some feedback. The smoke testers explained that there was no hint of the familiar THC high, only a slightly strange feeling of a body stone. The smoke testers felt very



relaxed after the CBG weed but not stoned. Mentally they felt similar to before, but somewhat more relaxed with a 'down to earth' feeling of being grounded and well.

CBG also produces a sense of mental clarity, allowing you to focus on tasks. For some CBD users this will be a familiar feeling. This most dominant feeling to come after vaping/smoking CBG is relaxation. One unexpected effect was that the test smokers also felt that any cravings to smoke weed or tobacco disappear after using CBG-rich cannabis.

We asked the test team for more details on the 'distant hint of a body stone'. How exactly does that feel? The description of the high is that it was a "slight stoned feeling in the body". When pressed for details, the team said it was comparable to the feeling you get after exercise followed by a nice warm bath. With CBG you get this nice relaxing sensation throughout your body without it being too harsh or intense.

THCV, a new cannabinoid with great potential

The other new cannabinoid is THCV. Dutch Passion have released the first photoperiod feminized THCV rich cannabis strain called THC-Victory. This contains around 6-8% THCV and the same amount of THC. Seeds are feminized photoperiod and take around 11 weeks to complete bloom.

Scientific information on THCV is limited. THCV may not be quite as psychoactive as THC, but it will have significant effects and may amplify the effects of THC. Medical cannabis users are eagerly looking forward to new cannabinoids such as THCV. But the suggested increased psycho-activity from THCV will also appeal to recreational users too. The pleasurable effects related to THCV may depend on the individual. After all, we are all different.

Some people prefer THC-rich varieties. Whereas others prefer to have a little (or even a lot) of CBD in their cannabis. It may be the same with THCV. Some will adore the addition of THCV to their buds. There are some suggestions that THCV may be responsible, or partly responsible, for the energizing high associated with sativa genetics. But, like so many of the cannabinoids, there are still far more questions than answers.

Useful for dietary and metabolic health studies?

Research and studies with animals have shown that pure THCV tends to suppress appetite and reduce food

consumption. A study presented in 2007 at the IACM 4th Conference on Cannabinoids in Medicine found that rodents given pure THCV (without THC) spent less time around their food and did not eat as much as other rodents.

Similar appetite suppression has been linked to CBD. However, when THC was added to the THCV, the rodents (perhaps predictably) soon re-discovered their appetite.

What does THCV weed feel like? a smoke review...

A Dutch Passion team member made this brief review after vaping some THCV weed:

"After only a few minutes, I felt the THCV weed kicking in. Maybe it was because I knew that I was about to write an important review that I felt everything more clearly than normal. I felt some mild pressure, above the eyes and in my stomach. Getting stoned went pretty fast and strong within 15 minutes. After 15 minutes, it felt like the sky had fully opened up on a cloudy day. It felt very pleasant and enlightening, as if things could be seen more clearly. This effect was one that I had definitely never encountered with any other cannabis strain. Alongside this I still felt very 'THC stoned' in the rest of my body, however my head felt light and clear. It's a strange combination,

one that is simply not easy to describe. The clear feeling lasted for about half an hour. When it started to mellow down, I decided to take a couple more hits which extended the great feeling of mental clarity”

“I always use my vaporizer at the end of the day, when everything I want to do is finished and the kids are in bed. I normally finish the last few hours of my day relaxing with my vaporizer, enjoying being locked to the couch! However, the effects of THC-Victory were different and gave me the feeling that I could do anything, when normally it would be almost time to go to bed. The euphoric and intense high of the THCV didn't last too long and after an hour and a half, it seemed like the THCV part of the weed slowly started to diminish. The THC part however, kept doing its work, taking me to the sweet/stoned, chill-mode feeling I'm used to.”

“I do get the munchies (a strong appetite) when I vaporise. I think that also has something to do with the timing of my smoke sessions, usually a few hours after dinner. During the 'bright high' effect of THCV, I didn't notice the 'go eat something' trigger your body gives when you are heading for the munchies. That came as a pleasant surprise. according to the first studies made, appetite suppression could be an effect of THCV and actually I really wondered how it would feel.”

“The morning after, it seemed to me that it was easier getting out of bed than normal. I felt clearer, lighter and more energetic than usual. I'm now really looking forward to growing some of this strain myself and doing some long-term testing afterwards to truly find out the pros and cons of THCV. If indeed the THCV is causing the extremely enlightened feeling, it is probably held back by the THC. So, I think that the next step

should definitely be a THCV-only strain to see what else this cannabinoid has to offer us. In other words, it would be nice to see a THCV strain without THC, just to see what the effects are. In the meantime, I am quite happy to enjoy THCV alongside THC!”

THCV, CBG and new cannabinoids are changing the medical image (and potential) of cannabis

It's still too early to make bold claims about what the greatest benefits and uses of THCV and CBG will be. After all, it has taken such a long for the medical benefits of THC to be accepted. And some people (and governments) still refuse to accept the medical benefits of cannabis! Therefore, we expect it will take some time, possibly years, before the medical potential is fully understood. THCV and CBG have always been present in cannabis in trace quantities. But thanks to some innovative breeding these amounts present have been dramatically enriched.

There is no doubt that CBG and THCV will be meticulously and ruthlessly investigated by pharmaceutical companies in the coming years. Hopefully some ground-breaking medical applications will be found. But it may be that these new cannabinoids also have subtle effects to amplify the properties of other (existing or yet to be discovered) cannabinoids in a process called the entourage effect.

Recreational cannabis lovers will be hoping that the emerging number of new cannabinoids will improve the enjoyability of cannabis. They could be in luck. The 2020's decade should see more new cannabinoids emerge and some of these will no doubt spark major interest!

CBG FEMINISED

CANNABIS, A PRIMER: **SOLVENTLESS** TRICHOME EXTRACTION METHODS

Meet the expert, Fred DeLisio

45 YEARS
EXPERIENCE





Cannabis has been cultivated for more than 15,000 years, as we've covered before here, the word "sativa" comes from the Latin word, "sativus" (sativa, sativus, and sativum), meaning "cultivated", the world's first cultivated crop.

This illustrates how important this plant was to early civilization.

It has been used in foodstuffs, as medicines, for clothing, shelter and rope, to sail the seven seas, just to name a few.

Harvesting the plant for medicinal use has been done for thousands of years, and since the medicines reside in the trichome heads covering the outside of the plant, removing/collecting these has been done by a myriad of methods, to yield a concentrated form that can easily be utilized in many ways.

Today, we'll review some of those methods, namely, in order of the evolution of these methods: hand-rubbing, sieving/dry sifting, and ice water extraction methods.

First, understand that every bit of medicine from cannabis is housed on the outside of the plant, contained in those tiny, beautiful spheres, erroneously called "crystals" at times, because they sparkle like diamonds.

Inside these tiny vessels reside over 450 compounds, composed of esters, cannabinoids, terpenes and flavonoids, all combined into an orchestral "soup", an oleoresin, of medicinal goodness.

Each genotype/strain, produces a wholly unique "soup" all its own, and each phenotype/plant expresses a somewhat different "soup", from its genotype, sometimes varying wildly.

Before we begin processing, in earnest, I'd like to thank the man, the legend, Mr. Robert Connell Clarke, for his amazing work in this area, and his decades of research into this plant, in preparation for the ultimate book on this subject, "HASHISH!", and I'd like to quote an endorsement made on the back cover of the book, by my good friend, Mel Frank:

"Everything I know about hashish, I learned from Rob Clarke." Thanks, Rob.

So, Hand-Rubbed Hash.

One of the earliest, and simplest methods, is hand rubbing, but since it is one of the oldest and most primitive methods, it's more wasteful, and the most manual, basic method. This is the only method that is done to the plant before harvest, while still alive and growing.

What is being done is the rupturing of the trichome heads, and the transfer of the oils contained inside to your hands. This is a very primitive and, frankly, wasteful method, because as soon as the trichome head is ruptured, terpenes, esters, flavonoids and cannabinoids all begin to

degrade, and evaporate, as you rupture the trichome heads. This method is simply to place your hands on either side of a mainstem bud, and begin rolling it in between your hands, gently, at first, and then with increasing pressure.

This immediately makes your hands the perfect harvesting tools, as the sticky oils coating your hands quickly pick-up more oil and trichomes, and the more your hands become coated, the easier the trichome heads adhere and are harvested.

The more material that collects on your hands, the better, so keep at it, as it is much easier to remove, the thicker your hands are coated.

Then, the newly-collected hash is then rubbed and scraped off your hands.

First, any traces of plant material bits, leaves and debris is removed by lightly, gently brushing your hands together, harder at more tenacious pieces. Then, begin rubbing your hands together over a bowl or collection surface, vigorously, and as the extracted material heats-up, it begins to roll off your hands in strings, balls and chunks, and then lightly brushing your hands together will begin to dislodge the hash.

That is about all there is to collecting hand-rubbed hash, collected while the plant is still growing.

Onward.

So, you've finished growing your beautiful, aromatic cultivars, and have them hanging to dry. You want to make concentrate from them, and are contemplating what method to use.

You could wash them in ethanol, or extract using light-hydrocarbons (propane, butane), but there is a big push these days for solventless extractions, and rightly so.

Don't get me wrong, there is nothing wrong with solvents, they are used every day in laboratories around the world, and, because the final product is devoid of any and all solvents when it exits the lab, there is absolutely nothing unhealthy about these methods. However, for home extractions, especially, not having to deal with, or introducing any solvents to begin with is the simplest solution.

"Sieving" / Dry Sift

Let's continue with sieving, or dry-sift, as it really is the simplest method of making and preserving trichome heads easily.

These next two methods, both sieving/sifting and water-extraction, use mesh screens to effectively grade trichome heads according to size. The general average size of trichomes tend to range between 120-micron and 45-microns, with everything in between being the "sweet-spot" for trichome heads.

In many older cultures in China, India and the Middle East, this method has been used for centuries to collect and process hash, because of the simplicity of it.

A room with a single door would be filled with the dry plants,

and then the processors would enter, and begin.

The processors were called "beaters", as they would take the dry stalks of cannabis, covered in buds, and would beat them, causing the air to fill with trichomes, and once done, the floors, and the room walls and ceiling would be swept, scraped and collected.

There is an old hippie myth that states that "wall and ceiling hash is the best hash", meaning, that if you scrape the walls and ceilings of the sieving room, the fine particles that waft through the air while sieving is the "finest hash". This is a myth because, actually, the fine particles that adhere to the ceiling and walls are sessile trichomes and stalks, mixed with dust and debris, making it inferior.

This process eventually evolved, to the point where, basically, they would just bounce dry plant material on bowls covered with fine mesh, and trichomes would drop through the mesh into the bowls, and collected..

Once collected, the resin is pressed into bricks, or bagged, and prepared for distribution and sale.

For home sieving, between a 100 to 120-micron mesh is best, and it can be either in the form of what is referred to as a "bubble bag", or a framed screen (my preference).

Screens are easy to use, and the process is as simple as placing dry plant material (buds preferred, to keep the plant material coming through the mesh to a minimum) on the mesh screen, and bouncing them up and down over a smooth, clean, dry surface, to collect your trichome/resin heads.

You can go a step further, using what is called "static tech", which is "wandering" a piece of styrofoam over the resin heads, and any fine particles of plant material will stick to it, cleaning the collected trichomes further.

Ice Water Extraction

Finally, let's talk about ice water extraction, since that has been gaining popularity for the past 20+ years, especially since rosin pressing has emerged as the next big "thing" in extracts, and "dabbing" has evolved.

Personally, I prefer full-melt hash, no pressing, since it includes the chemistry (waxes and such) of the trichome heads, and it can be vaporized at relatively low temperatures, maintaining the flavors of the lighter terpenes as they are vaporized.

Trichome heads are hydrophobic, and lower temperatures help to make the stalks brittle, so trichome heads are easily dislodged, and will sink in water.

So a very simple way of separating trichome heads from plant material, is to utilize the physics involved to our advantage.

If you soak your material (trimmings or buds) in ice water, it does two things. It penetrates the plant material, and makes it soft and soggy, and it helps the trichomes themselves to become solid and brittle, so the heads break off and detach easily. Plant material floats, and trichome heads sink, separating your medicine from waste material very easily.

Do you want to know what your yields will be, when you extract/wash larger amounts (or maybe, you just want to do small batches for freshness)?

Introducing, "gumby" hash.

A very simple method - I've done it for decades, since the '70s. Put a half ounce or so of cannabis buds in a Mason jar, fill it with ice and water, let it soak for 15-30 minutes, to allow the plant material to soften and loosen-up, and then shake it every few hours, adding ice if needed.

This can be done in ambient temperature, or storing the jar in the refrigerator between shakes. Then, stick it in the refrigerator, and let it stand overnight, shake it again, and let it settle.

Plant material floats, and trichomes settle to the bottom - it's simple physics.

Then, spoon out the plant material floating on top, gently pour out most of the water, and swish the rest around, and pour it out on a coffee filter, or 25-micron mat to dry.

I LOVE this method, as I can bang out fresh hash overnight, and never need to make more than I need at one time.

But for the folks that grow their plants outside, once a year, and then harvest, and dry/cure, in preparation for processing into hash, all at once, the simple bubble bag method is the most widely used today.

Generally, "bubble bags" are mesh bags, in 1-gallon, 5-gallon and larger mesh bags (the best are all mesh, but some manufacturers only have mesh bottoms on the bags).

The micron sizes are, generally, 220, 190, 160, 120, 90, 75, 45, and 25 (with some variations, but generally, this is it).

They go, in order, one inside the next, with the largest being the top bag, and the smallest mesh being the bottom bag.

They are available from many sources, and are easily obtained for a modest sum.

Then, the process is very much like the gumby hash method, but instead of shaking you're gently agitating the material, after a 20-30 minute soak (they actually make washing machines that do the agitation for you, they are very common and easy to find, and affordable, as well).

I use 5-gallon bags, because they fit perfectly into 5-gallon buckets that any home improvement or hardware store carries.

I use a wash bucket, and a sieving, or bag bucket with my bags already inserted in, to make things as easy as possible.

Fill the wash bucket halfway with ice-cold, clean water, either distilled or filtered/RO, and then make sure to layer your material in your wash bucket, a layer of material, a layer of ice cubes and repeat.

I only wash about 300-400 grams of material at a time in 5-gallon buckets, to optimize the process.

Once your material is loaded into the ice and water mixture,

and thoroughly wet, let stand and soak for 20-30 minutes, adding ice as needed, before beginning to gently stir/agitate with a wooden spoon.

The more gentle you are with this process, the less plant material will end up in your final product.

Do this for 5-7 minutes, moving the material around, side-to-side, top-to-bottom, being as thorough and as methodical as possible to maximize your trichome harvest, while minimizing the fracturing of the plant material.

Next, simply pour the entire contents into your bucket with the bags in it, swishing the last of the contents before emptying your "wash" bucket into your "bag" bucket.

Your 220 mesh bag (the first one, on top), will catch all of your remaining ice cubes and plant material and as the trichome-laden water drains through the various bags, it will automatically "grade" your hash by micron size.

Your 90-micron bag will catch the trichomes that pass through the 120-micron bag, and your 75 will catch the next smallest, and your 45-micron bag will end up with the "sweet-spot" sizes of trichomes.

I separate the bags, and one at a time, rinse them into the next smaller one with fresh cold water, and then, I use a large spoon to collect the results of each bag, and spoon it onto a 25-micron mesh mat, with paper towels under it, to sit and dry for a bit, before moving on to the next step.

Now, I'm an old-school type of guy, so, once the various grades of hash are inspected and somewhat dry, here is where I would combine the three best-looking piles into one (usually the 120, 90 and 75), and place on parchment paper, on cardboard or a pizza box, and put into my frost-free freezer to complete the drying process.

There are new methods of freeze-drying with a freeze-dryer or "lyophilizer", however these machines start at thousands of dollars, and for home-use, unless you are also using it to freeze-dry foods and such, are incrementally better, but not worth the price for home growers, in my opinion.

From here, you can use it in edibles, or in any other application, as, what you have now, is the best concentrate the cannabis plant has to offer.

Here is where my story ends, as now you are free to vaporize your hash product, dab it, or press it into rosin.

Personally, I LOVE hash, the taste, the smell, and the effect, and it's plenty strong enough for me, without pressing it into rosin, and dabbing.

I prefer lower-temp vaporization, to savor all of the flavors.

Have FUN with hashish, whatever you do with it, stay safe, and be well.

CANNABIS AND CANNABINOID IN

The Treatment of Rheumatic Diseases

Chronic pain is commonly defined as pain that lasts for longer than three to six months and is a common complaint among many patients seeking medical attention.¹ The prevalence of chronic pain among the adult population in certain countries is estimated to be as high as 30%,² and rheumatic diseases are a leading cause for chronic pain.³ Analgesia in rheumatic diseases is often an important part of treatment, especially since disease remission and response to therapy do not always entirely eliminate pain. In rheumatoid arthritis (RA) patients, it had been shown that pain can persist even with the achievement of clinical targets, and that pain was also the most common residual symptom associated with RA remission or low disease activity.⁴ In this review, we will discuss the potential of using cannabis and cannabinoids in the treatment of rheumatic disease, based on the literature existing on this issue.

Management of chronic pain is difficult, and patients are often unsatisfied with the effect of treatment.⁵ Drug options that are currently available may not be very safe for certain patient populations. Opioids are a problematic long-term solution for chronic pain, due to the risk they carry of significant adverse events, addiction, and overdose.⁶ Opioid use was also found to be associated with more severe symptoms and unemployment in fibromyalgia.⁷ Other drugs used to treat chronic pain, such as antidepressants (e.g. serotonin-norepinephrine reuptake inhibitors [SNRIs], tricyclic antidepressants [TCAs]), have been shown to be useful for this indication but have certain side effects (e.g. increased risk of cardiovascular events and falls with TCAs) that might limit their use in older patients.⁸ One solution for long-term pain that has been studied in the context of pain relief in rheumatic diseases—but not thoroughly enough—is the use of cannabis or cannabinoids, which may potentially show therapeutic qualities as well.⁹

CANNABINOID

It is assumed that the plant *Cannabis sativa* exerts its effects on human physiology through substances it contains, termed phytocannabinoids (over 100 of them have already been isolated so far). Those phytocannabinoids are thought to bind cannabinoid receptors throughout the human body, to which endocannabinoid (i.e. cannabinoids produced by human tissue) bind as well. Of the phytocannabinoids, tetrahydrocannabinol (THC) and cannabidiol (CBD) are the most well-studied and are used as medications. Tetrahydrocannabinol is considered to be the more psychoactive component in cannabis, while CBD is considered to be the major non-psychoactive component. Cannabinoid receptors are found in a variety of tissues throughout the body—from neurons in the frontal cortex, to the gastrointestinal tract and immune cells as well.⁹ According to the “entourage theory,” the combination

of THC and CBD creates a synergistic effect in which other phytocannabinoids possibly take part as well, suggesting that there could be a benefit in using cannabis rather than synthetic cannabinoids as analgesic or therapeutic agents.¹⁰

FIBROMYALGIA

Fibromyalgia is a common chronic pain syndrome causing diffuse pain, tenderness, fatigue, and sleep disturbances. Other complaints include cognitive symptoms, as well as headaches.¹¹ The prevalence of fibromyalgia is estimated at 2.7% globally.¹² Without a known pathophysiology and etiology, and therefore in the absence of disease-modifying or definitive treatment, analgesia is a significant part of fibromyalgia symptomatic treatment. Fibromyalgia patients may respond to certain pharmacological agents (e.g. antidepressants and anticonvulsants) or to other interventions such as aerobic exercise, physical therapy, and rehabilitation programs (non-pharmacological interventions were recommended as the first line of treatment in recent European League Against Rheumatism [EULAR] guidelines¹³).

Fibromyalgia pain shares certain common characteristics with neuropathic pain,¹⁴ and both are thought to involve a mechanism of central sensitization.¹⁵ It should also be noted that current guidelines recommend treating it with similar agents to those used in neuropathic pain.¹³

Ibuprofen, a non-steroidal anti-inflammatory drug (NSAID) usually used for the treatment of musculoskeletal pain, was not found to be an effective treatment option,¹⁶ and a randomized double-blinded study that compared the addition of etoricoxib, a selective COX-2 inhibitor, to pre-existing medical therapy with the addition of placebo in female fibromyalgia patients found that etoricoxib did not improve patients' pain, sleep, or disability parameters.¹⁷ While tramadol (a weak opioid with mild SNRI activity) was found to be potentially effective in alleviating fibromyalgia pain,¹³ opioids in general may cause an exacerbation of symptoms in this patient population.⁷ Cannabis and cannabinoids were recommended for the treatment of neuropathic pain,¹⁸ and, due to the similarities between neuropathic pain and fibromyalgia, as previously mentioned, it is not unreasonable to hypothesize that cannabis or cannabinoids might be effective for fibromyalgia-associated pain as well.

Data regarding the use of cannabinoids in the treatment of fibromyalgia consist of several studies investigating the use of nabilone—a synthetic analog of THC—and fewer in which cannabis was used. Two studies evaluating the use of nabilone in fibromyalgia were included in a Cochrane review that found that nabilone was not superior to placebo or amitriptyline (a TCA) in relieving fibromyalgia symptoms,^{19–21} as neither study provided high/moderate-

quality evidence for efficacy. However, one study included in this Cochrane review did show very low-quality evidence that nabilone compared with placebo led to a decrease in pain and anxiety as well as to an improvement in health-related quality of life.²¹ In the other study included in this Cochrane review, very low-quality evidence that nabilone was superior to amitriptyline in improving sleep was found.²⁰ While cannabinoids were not suggested as treatment for fibromyalgia in the aforementioned Cochrane review, The National Academies of Science, Engineering, and Medicine suggested in their 2017 report that there was moderate evidence that cannabis or cannabinoids are effective for fibromyalgia.²²

In an observational study in which 28 fibromyalgia patients treated with cannabis were compared with 28 controls, significant pain relief, reduction of stiffness, and increase in relaxation and perception of well-being were all found, and were evaluated by visual analog scale (VAS) before and 2 hours after cannabis self-administration.²³ More compelling results emerge from a study that included fibromyalgia patients in Israel. In a recent publication by Sagy et al.,²⁴ a prospective observational study was conducted, in which 367 fibromyalgia patients were treated with medical cannabis and followed up at six months. A total of 81.1% of patients achieved treatment response, and pain intensity decreased significantly from a median of 9 at baseline to 5 at six months (on a numeric rating scale of 0 to 10, with 0 being no pain, and 10 being worst pain imaginable). Dizziness, dry mouth, and gastrointestinal symptoms were among the most common side effects of the treatment. In a recent retrospective review, Habib and Artul²⁵ assessed 26 fibromyalgia patients treated with medical cannabis, using the Fibromyalgia Impact Questionnaire. The mean duration of cannabis treatment was 10.4 months, and the mean dose of cannabis was 26g per month. Significant improvement was reported in every item of the questionnaire after cannabis treatment, and 50% of patients stopped using any other medical therapy for fibromyalgia. Adverse effects were mild and were reported by 30% of patients.

In another study, Habib and Avisar employed questionnaires on social media to reach out to Israeli fibromyalgia patients using cannabis²⁶ and found that, of 383 responders, 323 (84%) reported consuming cannabis; 142 (44%) of these were licensed to do so. The majority of patients reported pain relief (94%) and improved sleep quality (93%). Depression and anxiety were both also reported to improve under cannabis use by the patients. Most of the reported adverse effects were mild (e.g. eye or throat irritation); 12% reported experiencing adverse effects.

In another recent study that assessed the analgesic effect of inhaled cannabis with varying concentrations of THC and CBD, pressure and electrical pain thresholds, spontaneous pain scores, and drug high were measured before and after cannabis inhalation. The results showed that cannabis strains containing THC led to a significant increase in pressure pain threshold compared with

placebo. However, no strain of cannabis was found to be superior to placebo's effect on spontaneous or electrical pain responses. Drug high was assessed by the Bowdle questionnaire and was found to occur in 40%–80% of the subjects treated with inhaled cannabis, compared to 10% of the subjects in the placebo group.²⁷

RHEUMATOID ARTHRITIS, OSTEOARTHRITIS, AND SYSTEMIC SCLEROSIS

Cannabis and cannabinoids were investigated as substances that can ameliorate chronic pain and other symptoms associated with rheumatic disease. However, it had also been suggested that cannabinoids have an inflammatory-modulating quality that could exert a therapeutic effect in such conditions, as cannabinoids were shown to have an overall anti-inflammatory effect on immune cells; these results were reinforced by studies in animal models of RA and systemic sclerosis (SSc).⁹

In RA and osteoarthritis (OA), for example, the hypothesis that cannabinoids may have a disease-modifying quality is based on animal models, as well as in vitro studies that have shown that the synovia of RA and

OA patients contained two endocannabinoids that the synovia of healthy controls did not. Results of the same study showed that, in fibroblast-like cells obtained from RA and OA patients, cellular receptors ERK-1 and ERK-2 underwent phosphorylation in response to cannabinoid stimulation, an effect which was attenuated by a cannabinoid receptor antagonist.²⁸

In another study, synovial tissue obtained from RA patients was shown to undergo

attenuation and inhibition of cytokine production in response to a cannabinoid binding a cannabinoid receptor.²⁹ Animal models also suggest a possible therapeutic quality for cannabinoids in RA, with three studies using a murine model with collagen-induced arthritis showing a beneficial effect of the cannabinoids CBD, JWH-133, and HU-308. These substances were found to be associated with clinical improvement: CBD was associated with a decrease in cytokine release and production as well as a decrease in lymphocyte proliferation³⁰; JWH-133 was associated with a decrease in serum antibody levels, decreased cytokine production, and reduced bone destruction³¹; and HU-308 was associated with less joint swelling and destruction, reduced synovial inflammation, along with a decrease in serum antibody levels.³² Despite these promising results, clinical research focusing on cannabinoids' disease-modifying qualities is still lacking.

The use of cannabinoids for the relief of pain associated with RA has been assessed by one study³³ which showed that, in comparison with placebo, the cannabis-based drug was associated with significant improvements in certain pain parameters and quality of sleep. With regard to drug safety, the study found no serious adverse effects in the active treatment group, with most adverse effects being



mild or moderate.

In OA, a murine model with surgically induced OA showed that the severity of the disease was reduced in wild-type compared with mice that have undergone gene-deletion for a presumed relevant cannabinoid receptor. The same study also showed that treatment of wild-type mice with an agonist for the same cannabinoid receptor resulted in a partial protection against OA that did not occur in the gene-deletion group or in the wild-type placebo group.³⁴ In another study, the activity of an enzyme suspected of causing cartilage breakdown was reduced by the treatment of chondrocytes from OA patients with a cannabinoid.³⁵ Only one clinical trial assessed the use of an endocannabinoid modulator in OA for pain relief, and this was not found to be significantly more beneficial for OA-associated pain than placebo.³⁶ Other clinical trials assessing the use of cannabis and cannabinoids for OA are currently ongoing or are yet to be published.³⁷

Several studies have also shown that cannabinoids and cannabinoid receptors might play a role in SSc, as cannabinoid receptors have been shown to modulate SSc in murine models,⁹ and were also found to be over-expressed in SSc fibroblasts.³⁸ A study on a murine model also found that treatment with cannabinoids prevented the development of cutaneous and pulmonary fibrosis and decreased the proliferation of fibroblasts and antibody development.³⁹ A clinical trial of a novel oral selective cannabinoid receptor agonist is currently in phase 3, after showing a statistically significant effect on skin fibrosis.⁴⁰

Research from recent years has shown some promising results regarding the potential of cannabinoids as disease-modifying therapeutics in rheumatic disease. To further investigate this theory, clinical trials should be conducted to evaluate the disease-modifying quality of cannabis in certain rheumatic diseases.

However, despite the evidence on the potential of cannabis and cannabinoids in the treatment of rheumatic disease and the pain associated with it, the literature regarding the use of cannabis as treatment for chronic pain in general contains conflicting reports. While The National Academies of Science, Engineering, and Medicine found in their 2017 report that there was substantial evidence that cannabis or cannabinoids effectively managed chronic pain in adults,²² and in 2015 an updated review of randomized controlled trials suggested that cannabinoids are a reasonable treatment option for chronic non-cancer pain, being safe and “modestly effective,”⁴¹ other reviews were less supportive of those claims.

An overview of systematic reviews on the efficacy and safety of cannabis-based medications for chronic pain concluded that there was insufficient information to recommend cannabinoids as treatment for chronic pain in rheumatic disease,⁴² and a systematic review and meta-analysis from 2018 on the treatment of non-cancer chronic pain with cannabis and cannabinoids claimed that the number needed to treat to benefit was high and the number needed to treat to harm was low, and that the evidence for effectiveness of cannabinoids for chronic non-cancer

pain was insufficient.⁴³ It should be emphasized that while the reviews cited in this paragraph evaluated studies and systematic reviews in which cannabis was used to treat chronic pain of many etiologies, in this article we wish to focus on the potential of cannabis as treatment for chronic pain caused by rheumatic diseases only. In a recent review of this topic, Sarzi-Puttini et al.⁴⁴ discussed the pros and cons of medical cannabis in the treatment of rheumatic diseases, claiming that, given the evidence currently available, cannabis should only be used as complementary treatment in rheumatic diseases at the moment, until high-quality evidence is found.

CONCLUSION

In conclusion, we believe that the use of cannabis and cannabinoids for pain relief in rheumatic diseases (and fibromyalgia in particular) shows great potential and may be a source of hope for those suffering from chronic pain associated with those conditions, and for the physicians treating them. More research into this question should be conducted, especially among larger cohorts of patients and for longer periods of time, to assess for long-term efficacy and adverse effects.⁴⁵ At this point, the data suggest that the use of cannabinoids and cannabis carries

limited side effects in the treatment of rheumatic disease,⁴⁶ although drug interactions should always be kept in mind.⁹ Research also suggests that cannabis and cannabinoids can improve some common and debilitating symptoms of rheumatic disease, thus making them an adequate potential treatment option in our opinion, when other treatment lines have been exhausted.

Source: <https://pubmed.ncbi.nlm.nih.gov>

REFERENCES

1. Treede R-D, Rief W, Barke A, et al. A classification of chronic pain for ICD-11. *Pain*. 2015;156:1003-7. doi: 10.1097/j.pain.000000000000160. [PMC free article] [PubMed] [CrossRef] [Google Scholar]
2. Steingrimsdóttir ÓA, Landmark T, Macfarlane GJ, Nielsen CS. Defining chronic pain in epidemiological studies: a systematic review and meta-analysis. *Pain*. 2017;158:2092-107. doi: 10.1097/j.pain.0000000000001009. [PubMed] [CrossRef] [Google Scholar]
3. Brooks PM. The burden of musculoskeletal disease—a global perspective. *Clin Rheumatol*. 2006;25:778-81. doi: 10.1007/s10067-006-0240-3. [PubMed] [CrossRef] [Google Scholar]
4. Ishida M, Kuroiwa Y, Yoshida E, et al. Residual symptoms and disease burden among patients with rheumatoid arthritis in remission or low disease activity: a systematic literature review. *Mod Rheumatol*. 2018;28:789-99. doi: 10.1080/14397595.2017.1416940. [PubMed] [CrossRef] [Google Scholar]
5. Breivik H, Collett B, Ventafridda V, Cohen R, Gallacher D. Survey of chronic pain in Europe: prevalence, impact on daily life, and treatment. *Eur J Pain*. 2006;10:287-333. doi: 10.1016/j.ejpain.2005.06.009. [PubMed] [CrossRef] [Google Scholar]
6. Dowell D, Haegerich TM, Chou R. CDC guideline for prescribing opioids for chronic pain—United States, 2016. *JAMA*. 2016;315:1624-45. doi: 10.1001/jama.2016.1464. [PMC free article] [PubMed] [CrossRef] [Google Scholar]
7. Fitzcharles M-A, Faregh N, Ste-Marie PA, Shir Y. Opioid use in fibromyalgia is associated with negative health related measures in a prospective cohort study. *Pain Res Treat*. 2013;2013:7. doi: 10.1155/2013/898493. Article ID 898493. [PMC free article] [PubMed] [CrossRef] [Google Scholar]
8. Turk DC, Wilson HD, Cahana A. Treatment of chronic non-cancer pain. *Lancet*. 2011;377:2226-35. doi: 10.1016/s0140-6736(11)60402-9. [PubMed] [CrossRef] [Google Scholar]
9. Katz-Talmor D, Katz I, Porat-Katz B-S, Shoenfeld Y. Cannabinoids for the treatment of rheumatic diseases—where do we stand? *Nat Rev Rheumatol*. 2018;14:488-98. doi:



10.1038/s41584-018-0025-5. [PubMed] [CrossRef] [Google Scholar]

10. Russo EB. Taming THC: potential cannabis synergy and phytocannabinoid-terpenoid entourage effects. *Br J Pharmacol*. 2011;163:1344–64. doi: 10.1111/j.1476-5381.2011.01238.x. [PMC free article] [PubMed] [CrossRef] [Google Scholar]

11. Wolfe F, Clauw DJ, Fitzcharles M-A, et al. Revisions to the 2010/2011 fibromyalgia diagnostic criteria. *Semin Arthritis Rheum*. 2016;2016;46:319–29. doi: 10.1016/j.semarthrit.2016.08.012. [PubMed] [CrossRef] [Google Scholar]

12. Queiroz LP. Worldwide epidemiology of fibromyalgia. *Curr Pain Headache Rep*. 2013;17:356. doi: 10.1007/s11916-013-0356-5. [PubMed] [CrossRef] [Google Scholar]

13. Macfarlane GJ, Kronisch C, Dean LE, et al. EULAR revised recommendations for the management of fibromyalgia. *Ann Rheum Dis*. 2017;76:318–28. doi: 10.1136/annrheumdis-2016-209724. [PubMed] [CrossRef] [Google Scholar]

14. Koroschetz J, Rehm SE, Gockel U, et al. Fibromyalgia and neuropathic pain—differences and similarities. A comparison of 3057 patients with diabetic painful neuropathy and fibromyalgia. *BMC Neurol*. 2011;11:55. doi: 10.1186/1471-2377-11-55. [PMC free article] [PubMed] [CrossRef] [Google Scholar]

15. Maletic V, Raison CL. Neurobiology of depression, fibromyalgia and neuropathic pain. *Front Biosci (Landmark Ed)* 2009;14:5291–338. doi: 10.2741/3598. [PubMed] [CrossRef] [Google Scholar]

16. Choy E, Marshall D, Gabriel ZL, Mitchell SA, Gylee E, Dakin HA. A systematic review and mixed treatment comparison of the efficacy of pharmacological treatments for fibromyalgia. *Semin Arthritis Rheum*. 2011;41:335–45.e6. doi: 10.1016/j.semarthrit.2011.06.003. [PubMed] [CrossRef] [Google Scholar]

17. Mahagna H, Amital D, Amital H. A randomised, double-blinded study comparing giving etoricoxib vs. placebo to female patients with fibromyalgia. *Int J Clin Pract*. 2016;70:163–70. doi: 10.1111/ijcp.12760. [PubMed] [CrossRef] [Google Scholar]

18. Attal N, Cruccu G, Baron R, et al. EFNS guidelines on the pharmacological treatment of neuropathic pain: 2010 revision. *Eur J Neurol*. 2010;17:1113–e88. doi: 10.1111/j.1468-1331.2010.02999.x. [PubMed] [CrossRef] [Google Scholar]

19. Walitt B, Klose P, Fitzcharles M, Phillips T, Häuser W. Cannabinoids for fibromyalgia. *Cochrane Database Syst Rev*. 2016;7:CD011694. doi: 10.1002/14651858.cd011694.pub2. [PMC free article] [PubMed] [CrossRef] [Google Scholar]

20. Ware MA, Fitzcharles M-A, Joseph L, Shir Y. The Effects of nabilone on sleep in fibromyalgia: results of a randomized controlled trial. *Anesth Analg*. 2010;110:604–10. doi: 10.1213/ane.0b013e3181c76f70. [PubMed] [CrossRef] [Google Scholar]

21. Skrabek RD, Galimova L, Ethans K, Perry D. Nabilone for the treatment of pain in fibromyalgia. *J Pain*. 2008;9:164–73. doi: 10.1016/j.jpain.2007.09.002. [PubMed] [CrossRef] [Google Scholar]

22. National Academies of Sciences, Engineering, and Medicine. The Health Effects of Cannabis and Cannabinoids: The Current State of Evidence and Recommendations for Research. Washington, DC: The National Academies Press; 2017. [CrossRef] [Google Scholar]

23. Fiz J, Durán M, Capellà D, Carbonell J, Farré M. Cannabis use in patients with fibromyalgia: effect on symptoms relief and health-related quality of life. *PLoS One*. 2011;6:e18440. doi: 10.1371/journal.pone.0018440. [PMC free article] [PubMed] [CrossRef] [Google Scholar]

24. Sagy I, Bar-Lev Schleider L, Abu-Shakra M, Novack V. Safety and efficacy of medical cannabis in fibromyalgia. *J Clin Med*. 2019;8:807. doi: 10.3390/jcm8060807. [PMC free article] [PubMed] [CrossRef] [Google Scholar]

25. Habib G, Artul S. Medical cannabis for the treatment of fibromyalgia. *J Clin Rheumatol*. 2018;24:255–8. doi: 10.1097/rhu.0000000000000702. [PubMed] [CrossRef] [Google Scholar]

26. Habib G, Avisar I. The consumption of cannabis by fibromyalgia patients in Israel. *Pain Res Treat*. 2018 Jul 22; doi: 10.1155/2018/7829427. Article ID 7829427. [PMC free article] [PubMed] [CrossRef] [Google Scholar]

27. van de Donk T, Niesters M, Kowal MA, Olofsen E, Dahan A, van Velzen M. An experimental randomized study on the analgesic effects of pharmaceutical-grade cannabis in chronic pain patients with fibromyalgia. *Pain*. 2019;160:860–9. doi: 10.1097/j.pain.0000000000001464. [PMC free article] [PubMed] [CrossRef] [Google Scholar]

28. Richardson D, Pearson RG, Kurian N, et al. Characterisation of the cannabinoid receptor system in synovial tissue and fluid in patients with osteoarthritis and rheumatoid arthritis. *Arthritis Res Ther*. 2008;10:R43. doi: 10.1186/ar2401. [PMC free article] [PubMed] [CrossRef] [Google Scholar]

29. Lowin T, Pongratz G, Straub RH. The synthetic cannabinoid WIN55,212-2 mesylate decreases the production of inflammatory mediators in rheumatoid arthritis



synovial fibroblasts by activating CB2, TRPV1, TRPA1 and yet unidentified receptor targets. *J Inflamm (Lond)* 2016;13:15. doi: 10.1186/s12950-016-0114-7. [PMC free article] [PubMed] [CrossRef] [Google Scholar]

30. Malfait AM, Gallily R, Sumariwalla PF, et al. The nonpsychoactive cannabis constituent cannabidiol is an oral anti-arthritis therapeutic in murine collagen-induced arthritis. *Proc Natl Acad Sci U S A*. 2000;97:9561–6. doi: 10.1073/pnas.160105897. [PMC free article] [PubMed] [CrossRef] [Google Scholar]

31. Fukuda S, Kohsaka H, Takayasu A, et al. Cannabinoid receptor 2 as a potential therapeutic target in rheumatoid arthritis. *BMC Musculoskelet Disord*. 2014;15:275. doi: 10.1186/1471-2474-15-275. [PMC free article] [PubMed] [CrossRef] [Google Scholar]

32. Gui H, Liu X, Liu L-R, Su D-F, Dai SM. Activation of cannabinoid receptor 2 attenuates synovitis and joint destruction in collagen-induced arthritis. *Immunobiology*. 2015;220:817–22. doi: 10.1016/j.imbio.2014.12.012. [PubMed] [CrossRef] [Google Scholar]

33. Blake DR, Robson P, Ho M, Jubb RW, McCabe CS. Preliminary assessment of the efficacy, tolerability and safety of a cannabis-based medicine (Sativex) in the treatment of pain caused by rheumatoid arthritis. *Rheumatology (Oxford)* 2006;45:50–2. doi: 10.1093/rheumatology/kei183. [PubMed] [CrossRef] [Google Scholar]

34. Sophocleous A, Börjesson AE, Salter DM, Ralston SH. The type 2 cannabinoid receptor regulates susceptibility to osteoarthritis in mice. *Osteoarthritis Cartilage*. 2015;23:1586–94. doi: 10.1016/j.joca.2015.04.020. [PubMed] [CrossRef] [Google Scholar]

35. Kong Y, Wang W, Zhang C, Wu Y, Liu Y, Zhou X. Cannabinoid WIN-55,212-2 mesylate inhibits ADAMTS-4 activity in human osteoarthritic articular chondrocytes by inhibiting expression of syndecan-1. *Mol Med Rep*. 2013;4569–76. doi: 10.3892/mmr.2016.5137. 201. [PMC free article] [PubMed] [CrossRef] [Google Scholar]

36. Huggins JP, Smart TS, Langman S, Taylor L, Young T. An efficient randomised, placebo-controlled clinical trial with the irreversible fatty acid amide hydrolase-1 inhibitor PF-04457845, which modulates endocannabinoids but fails to induce effective analgesia in patients with pain due to osteoarthritis of the knee. *Pain*. 2012;153:1837–46. doi: 10.1016/j.pain.2012.04.020. [PubMed] [CrossRef] [Google Scholar]

37. O'Brien M, McDougall JJ. Cannabis and joints: scientific evidence for the alleviation of osteoarthritis pain by cannabinoids. *Curr Opin Pharmacol*. 2018;40:104–9. doi: 10.1016/j.coph.2018.03.012. [PubMed] [CrossRef] [Google Scholar]

38. Katchan V, David P, Shoenfeld Y. Cannabinoids and autoimmune diseases: a systematic review. *Autoimmun Rev*. 2016;15:513–28. doi: 10.1016/j.autrev.2016.02.008. [PubMed] [CrossRef] [Google Scholar]

39. Servettaz A, Kaviani N, Nicco C, et al. Targeting the cannabinoid pathway limits the development of fibrosis and autoimmunity in a mouse model of systemic sclerosis. *Am J Pathol*. 2010;177:187–96. doi: 10.2353/ajpath.2010.090763. [PMC free article] [PubMed] [CrossRef] [Google Scholar]

40. Nogueira AR, Shoenfeld Y, Amital H. Cannabis sativa as a potential treatment for systemic sclerosis. *Isr Med Assoc J*. 2019;21:217–18. [PubMed] [Google Scholar]

41. Lynch ME, Ware MA. Cannabinoids for the treatment of chronic non-cancer pain: an updated systematic review of randomized controlled trials. *J Neuroimmune Pharmacol*. 2015;10:293–301. doi: 10.1007/s11481-015-9600-6. [PubMed] [CrossRef] [Google Scholar]

42. Häuser W, Petzke F, Fitzcharles MA. Efficacy, tolerability and safety of cannabis-based medicines for chronic pain management – an overview of systematic reviews. *Eur J Pain*. 2018;22:455–70. doi: 10.1002/ejp.1118. [PubMed] [CrossRef] [Google Scholar]

43. Stockings E, Campbell G, Hall WD, et al. Cannabis and cannabinoids for the treatment of people with chronic noncancer pain conditions: a systematic review and meta-analysis of controlled and observational studies. *Pain*. 2018;159:1932–54. doi: 10.1097/j.pain.0000000000001293. [PubMed] [CrossRef] [Google Scholar]

44. Sarzi-Puttini P, Ablin J, Trabelsi A, Fitzcharles M-A, Marotto D, Häuser W. Cannabinoids in the treatment of rheumatic diseases: pros and cons. *Autoimmun Rev*. 2019;18 doi: 10.1016/j.autrev.2019.102409. 102409. [PubMed] [CrossRef] [Google Scholar]

45. Häuser W, Finnerup NB, Moore RA. Systematic reviews with meta-analysis on cannabis-based medicines for chronic pain: a methodological and political minefield. *Pain*. 2018;159:1906–7. doi: 10.1097/j.pain.0000000000001295. [PubMed] [CrossRef] [Google Scholar]

46. Fitzcharles M-A, Baerwald C, Ablin J, Häuser W. Efficacy, tolerability and safety of cannabinoids in chronic pain associated with rheumatic diseases (fibromyalgia syndrome, back pain, osteoarthritis, rheumatoid arthritis): a systematic review of randomized controlled trials. *Schmerz*. 2016;30:47–61. doi: 10.1007/s00482-015-0084-3. [PubMed] [CrossRef] [Google Scholar]

About Sweet&Juicy of HEMPLIFIED

Sweet&Juicy (SJ): comes from the people always saying "our" products always taste so sweet and the buds nice and juicy.

HEMPLIFIED: as in; amplified, bigger, louder, bolder! Hemp and CBD will change our world if we the people let it.

SJ started growing in the late 1990s. He was a troubled teen living on the street; a close family member reached out and took him in. Growing just happened to be his close family member's passion and it saved SJ's life!

"Growing, at first, was about money", explains SJ. "It wasn't until later that the passion came along. The passion came after seeing the diversity of the plant and what it could actually do. Raw veg leaf and the wonders it can do. RSO changed my life, it gave my Grandfather 4 years longer than every doctor imagined. I've watched RSO help so many people with so many different ailments."

What's SJ's biggest accomplishment?

"In my eyes, making RSO for my best friend, stopping her from having frequent seizures. Seizures ripped our lives apart. This truly made me a believer in RSO and what it could do. Four years seizure-free and counting."

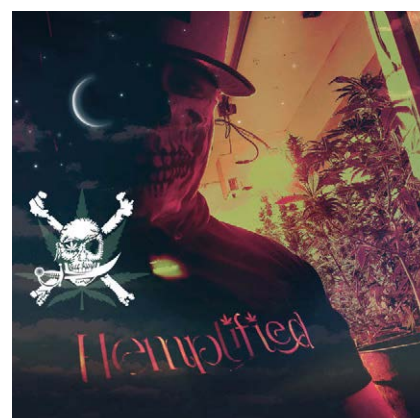
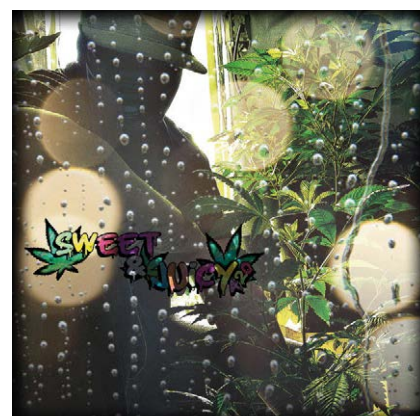
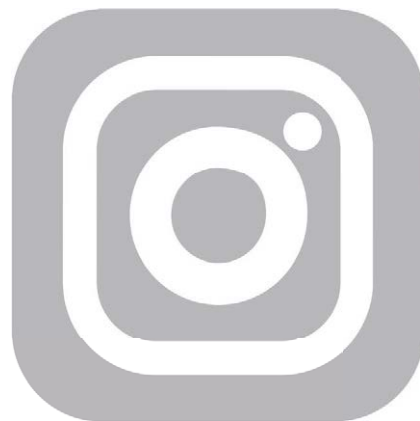
Words from SJ:

"My words to you. As you the people get educated. The cannabinoid system built into your body is there for a reason. There is no elevator to success, you have to take the stairs one foot in front of the other. Hard work pays off. Everything worth doing is not easy and everything easy is not worth doing. But most of all, the only person worth chasing is you. The next version of you; the bigger, better, bolder person. Keep chasing you, you're worth it. Be bold, be brave, put your work in and put it out there."

What does the future hold?

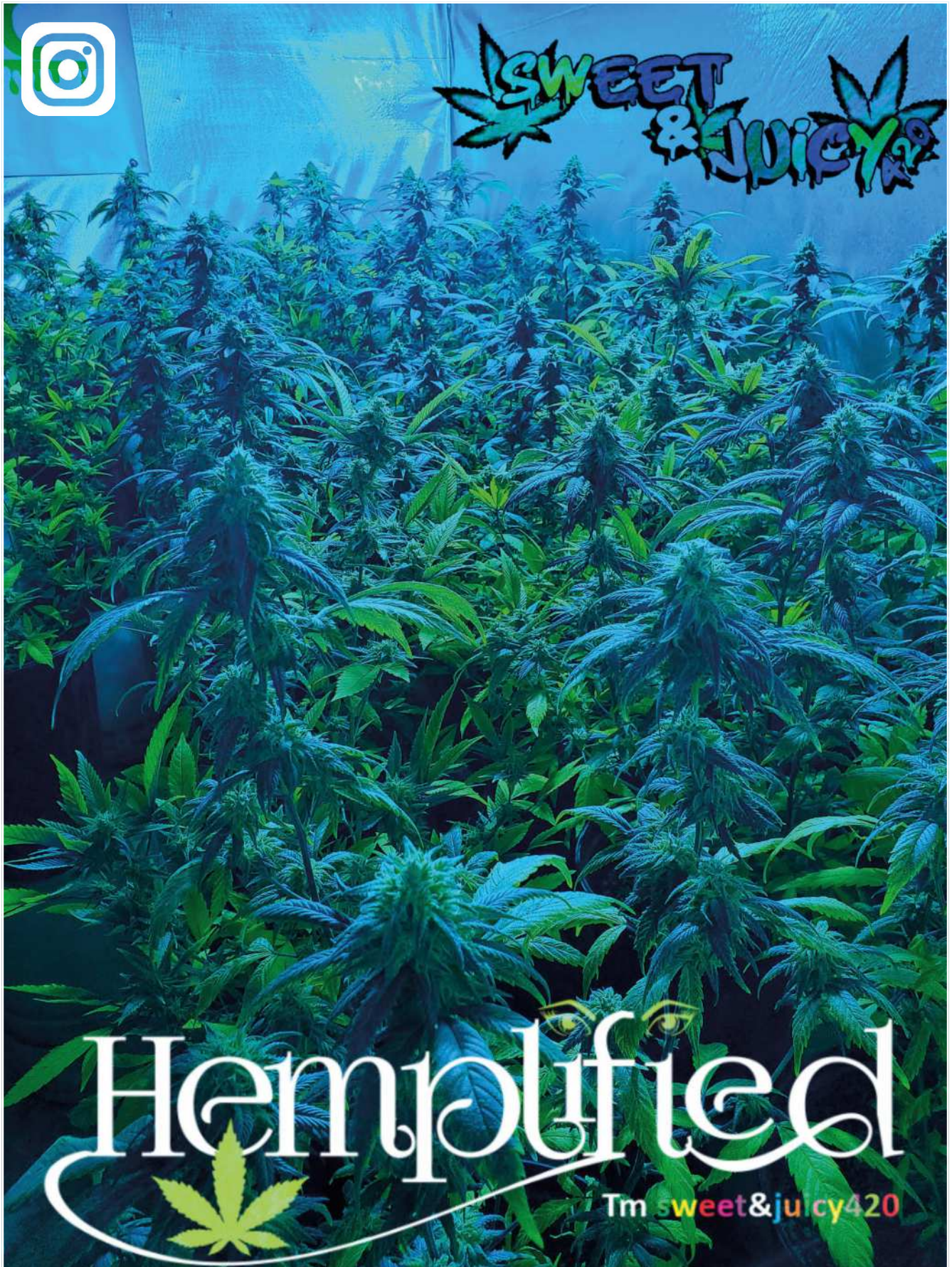
"Finally. My dream and goals: To be a great influence on this community. To own a farm and be a big part of the hemp, CBD and cannabis market. Sweet&Juicy and HEMPLIFIED will be around for many years to come, evolving with the people, for the people. Remember be kind, love big, stay strong."

-- SweetJuicy of Hemplified



● ● ● INSTAGRAMMER OF THE MONTH: @sweetjuicy420 ● ● ●

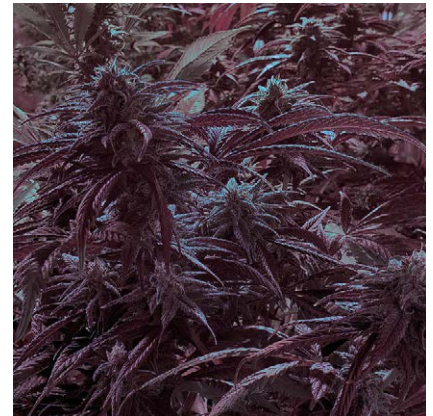
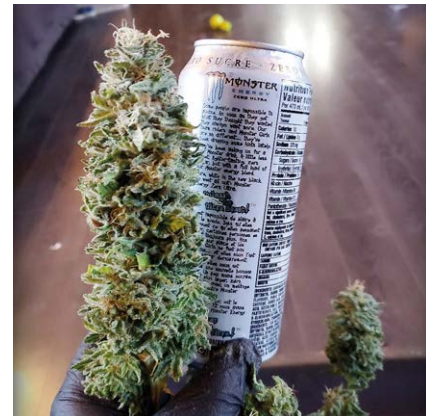
• • • INSTAGRAMMER OF THE MONTH: @sweetjuicy420 • • •





● ● ● INSTAGRAMMER OF THE MONTH: @sweetjuicy420 ● ● ●

● ● ● INSTAGRAMMER OF THE MONTH: @sweetjuicy420 ● ● ●



JOIN US ON INSTAGRAM

Share, discover and connect...

Share, discover and connect...

@ WEEDWORLD MAG

A grid of nine Instagram posts. The posts show various cannabis-related content: a large bush, a close-up of a bud, a plant in a field, a close-up of a bud, a close-up of a bud, a close-up of a bud, a close-up of a bud, a close-up of a bud, and a close-up of a bud. Each post has a small Instagram logo and a username in the top left corner.

NO EVIDENCE – NO CRIME? SEED OUR FUTURE

Written by Simpa

Seed Our Future is a rebranding of the Seed The Future “Industrial Hemp” campaign that organized the multi-city protests across the UK in July 2020. There were gatherings in Bristol, Brighton, Exeter, London, Newcastle, Belfast, Edinburgh, and Cardiff. The protests were well attended given the on-going global Covid-19 pandemic but didn't quite have the desired impact.

In the days that followed, conversations were held between various representatives of the UK cannabis community about how best to proceed with the next stage of the campaign. As a result of much discussion and deliberation, a diverse team emerged with a cunning plan to challenge the charges.

Since renaming, the campaign has quietly been accumulating historic documents and scientific evidence surrounding the fraudulent origins of the international criminalization of cannabis. In this document they layout just how we got here in the first place, through successive decades of deceit, willful ignorance, corporate greed, and political pageantry.

The British campaign group is actively investigating the foundational evidence that was used as justification for cannabis being classified as a schedule one substance and a class B controlled drug as per the Misuse of Drugs Act 1971 (MoDA) and the misuse of Drugs Regulations 2001.

“The intention of this report is to provide the truth surrounding the history of cannabis prohibition, the ‘evidence of no evidence’ for the foundations of all cannabis laws, the potential consequences to all those involved in the continuation and enforcement of these laws and the

potential consequences for everyone if these laws are allowed to continue”

We are seeing a global shift in attitude towards cannabis as the original rhetoric, based on ideology and racism is superseded by science. In fact, it has become increasingly apparent that not only is cannabis relatively safe, it is essential to our health, our environment and our economy; it has been realized that in our present situation where health deteriorates, the toxic fossil fuel resources to which we are addicted are fast running out, our climate and environment is facing catastrophic emergency and we now face the biggest economic collapse in history; cannabis is not only our savior, it was the prohibition of this plant which led to these atrocities all in the name of profit for shareholders and power for the very few.

We cannot, with any clear conscience, allow these crimes against humanity and the environment to continue and this is why ‘Seed our Future’ have implemented this strategy to compel, not only those with the power to make changes but to also inform the general public of the truth so we may unite as a collective consciousness to ensure our survival. Now is the time for us to stand together and fight this ‘war on cannabis,’ Truth is Our Sword, Unity Our Shield” - Words by Guy Coxall (Seed Our Future founder)



From the International prohibition of cannabis first gaining traction in 1925 after the Egyptian delegate, Mohamed El Guindy, imposed his own bigoted prejudices by proposing the inclusion of Hashish in the revised International Opium Convention relating to Dangerous Drugs to exposing the small cabal of industrialist tycoons, media moguls, and politicians who first conspired to demonize and criminalize cannabis nearly a century ago, Seed Our Future, in its roughly 18,000-word document provides one of the most concise narratives on the greedy, racist, and classist ideology that pervaded and perpetuates one of the most expensive, longest-lasting, and most socially and individually destructive conflicts in modern human history – the war on drugs.

The main argument raised in this report is the fact that there has never been any scientific foundational evidence for the international scheduling of cannabis. If there is no legal justification then all of the countries that are signatories to the 1961 convention and proactively still criminalize consumers are in fact breaking many laws.

During the research phase the team sent out FOI's (Freedom of Information requests) to all of the 41 British Police Crime Commissioners (PCC), the Crown Prosecution Service (CPS), Advisory Council on the Misuse of Drugs (ACMD), and the Home office to ask for the foundational evidence for the scheduling of cannabis in the UK. Their responses ranged from "We do not have

access to these files” to “We do not hold the documents you’re seeking” making it quite clear that there is no foundational evidence for the scheduling of Cannabis in the UK. This opens the door to challenging the charges because, as we know, if there is no evidence, no crime.

This report compiles a wealth of evidence and knowledge which contradicts the clichéd copy and paste response that Seed Our Future recently received from the British Home Office:

“Cannabis is controlled as a Class B drug under the Misuse of Drugs Act 1971 as there is clear scientific and medical evidence that cannabis is a harmful drug which can damage people’s mental and physical health, and harms individuals and communities.”

What exactly is this clear scientific evidence? Well, the one bit of “evidence” that was discovered during the team’s extensive research was that the foundational evidence for the above claims seems to stem from a 1955 World Health Organization report that was sent to the UN titled “The physical and mental effects of Cannabis” It was this document that played a large part in the formation of the 1961 UN single convention on narcotic drugs – the basis for the international prohibition of cannabis.

In this rather antiquated and frankly racist document, the body speaks of “Marihuana” consumption as “evil” and “that its use eventually leads the smoker to turn to intravenous heroin injections” a long-since debunked myth.

The report goes on to state “‘Experts’ on the Cannabis problem agree that, despite all the efforts made, the present geographical extension of cannabism constitutes a medical and social danger of no small importance” By ‘experts’ we are talking about people like the father of twentieth century prohibition Harry J Anslinger and Mohamed El Guindy.

Anslinger, as you may be aware, once testified in a US court room in 1937 that “just one marihuana would make white women want to sleep with black and Latino jazz musicians” and El Guindy was the man who provided zero evidence and some rather racist and questionable testimony to the league of nations that resulted in cannabis being included in the international opium conventions. These men hardly constitute impartial, unbiased, and well-informed individuals on the subject.

The ‘science’ presented in this document is now contextually laughable and obsolete. If this is indeed the evidence that the British Home Office continues to use to justify the continued criminalization



of cannabis consumers then they themselves are actively choosing to ignore half a century of research, cultural and social evolution, and scientific discoveries such as the endocannabinoid system and cannabinoids in favor of 1950s bigoted, racist, and classist ideology.

It is becoming ever more apparent that the ‘clear scientific evidence’ referenced in the Home Office statement simply does not exist and that the inclusion of cannabis within the 1971 MoDA is entirely unfounded, unevidenced and driven by political ideology. This proves that the response by the law is disproportionate to the drug’s potential harms and brings the law itself into disrepute.

So, if the law is wrong how do we make it right? Well, it all starts with the police. The enforcement of cannabis prohibition in the UK is anathema to the core Peelian principles that the police were founded on. When an officer makes a cannabis arrest it violates their attestation, a kind of oath the Police in the UK have to take when taking up a public role. This oath would be comical if the consequences weren’t so extremely dire for so many people.

Each officer declares that “I do solemnly and sincerely declare and affirm that I will well and truly serve the Queen in the office of constable, with fairness, integrity, diligence, and impartiality, upholding fundamental human rights and according equal respect to all people”

There is nothing integral or fair about cannabis prohibition, nor is there any impartiality or equal respect shown to cannabis consumers individual basic human rights. Enforcing cannabis prohibition is a direct violation of the UN Human rights act 1948 articles; 1, 3, 5, 9, 12, 17a, 18, 23a, and 25a.

Since 1995 the police in the UK must also adhere to the “Nolan principles” or the seven pillars of public life which are the basis of the ethical standards expected of public officeholders.

1. Selfishness- They are acting in the interest of corporate interest and not the public.

2. Integrity – As all fines go towards paying for police pensions how can they be said to act with integrity?

3. Objectivity – By acting without evidence, they are not acting impartially or fairly as they have no justification for action when acting in a biased and prejudicial manner.

4. Accountability – Have any police officer been held to account over these fraudulent criminal charges?



5. Openness – By enforcing prohibition they're complicit in a criminal conspiracy.

6. Honesty – Can any police officer be thought of as honest when they're engaging in industrial-scale fraud and terrorism?

7. Leadership – With no descent from within the ranks for this conspiracy against the public can any officer be considered to showing leadership?

Clearly the continuation of cannabis prohibition violates all of these principles. A rather important word that you might have missed in the attestation is diligence. Police officers have to do their individual due diligence as is outlined in the Police and crime evidence 1988 (PACE) These are the codes of practice that regulate police powers and protect public rights. This means that they must ensure when gathering evidence that it is all relevant, correctly identified, and cataloged. This has never been the case with cannabis convictions as there is no foundational evidence for the UK's adoption of America's flawed and fraudulent drug scheduling system.

British police are in breach of PACE Code G 1.3 as they have no justification for arresting someone for cannabis offenses. This means that evidence procedures have not been followed correctly calling in to question any arrest under section 1.4, therefore making any arrest unlawful as per section 2.1 of the PACE Act.

This makes the continued enforcement of cannabis prohibition entirely political and ideological which constitutes a criminal conspiracy under the Criminal Act 1977. It also violates the Fraud Act 2006 for providing evidence that is false by representation, and the Terrorism Act 2000 for "intimidating the public with the use or threat of force made for the purpose of advancing a political, religious, racial or ideological cause".

This leaves the police in a rather difficult situation because they are acting negligently, breaching their contractual terms and conditions of employment, their attestation, and public duties. Such violations under current legislation is considered misconduct in public office. A common law offense that carries a maximum life sentence.

Ultimately, this report proves that the 1961 UN single convention on narcotic drugs and the subsequent conventions and acts of legislation that appeared in its wake are fraudulent in nature. They are ideologically driven, completely unfounded, entirely unevidenced, and a direct violation of our fundamental basic human rights.

It has now become clear that the continuation of the criminalization of cannabis consumers is in and of itself a criminal act. No longer is this a conspiracy theory, it is evidently conspiracy fact. So let Truth be your sword and Unity your shield for it is now the police who are the low hanging fruit ready to be picked from the field.

You can learn more and download the full document now at SeedOurFuture.co.uk

Written for Weed World Magazine
by Simpa
www.TheSimpaLife.com

STAY SAFE!

COVID-19 IS A NEW ILLNESS THAT CAN AFFECT YOUR LUNGS AND AIRWAYS. IT'S CAUSED BY A VIRUS CALLED CORONAVIRUS.

BASIC GUIDANCE

- Wash your hands with soap and water often & use hand sanitizer gel if soap and water are not available.
- Cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze.
- Put used tissues in the bin immediately and wash your hands afterwards.
- Avoid close contact with people who have symptoms of coronavirus.
- Avoid social events and activities, such as going to pubs, restaurants, theaters and cinemas.
- Use phone, online services, or apps to contact your doctor.
- DO NOT touch your eyes, nose or mouth if your hands are not clean.

STAY AT HOME IF YOU HAVE CORONAVIRUS SYMPTOMS:

- A high temperature/fever - you feel hot to touch on your chest
- A new, continuous cough - this means you've started coughing repeatedly
- Do not go to a doctors surgery, pharmacy or hospital.

Source: nhs.uk | Image: Miguel Á. Padriñán



SHOPPING WITH **WEEDWORLD.CO.UK**



YOU CAN PAY BY...

BANK TRANSFER or with CASH

POST ORDERS TO: WEED WORLD, TREGARON, SY25 6PX, UK



FREE SEEDS

when you spend £40+ in Bitcoin in **WEED WORLD's** online store



HOW TO PAY VIA BANK TRANSFER:

Select your goods from Weed World's online store, then...

ONLINE

Log in to your online bank account.
Go to "transfers" and input the details below,
along with your total order amount.

Account name*: Waccy Ltd
Account number: 35946424
Sort code: 09-01-28



AT THE BANK

Visit the local branch of your bank, and tell
them you would like to make a bank transfer
to the following account:

Account name*: Waccy Ltd
Account number: 35946424
Sort code: 09-01-28



*** PLEASE NOTE: WACCY LTD. IS PARENT COMPANY OF THE WEED WORLD BRAND**

Please ensure all cash is sent using a secure insured postal service - insuring your money against loss. Weed World cannot be held responsible for any loss of money due to uninsured packages. Please note: Prices and stock are subject to change. Currency exchange rates may change. Please check www.weedworld.co.uk for up-to-date price and stock information.

the MUSIC REVIEWS



The Connected EP

ES X Pandamonium

If you've a keen ear for the underground you might have heard some music produced by DJ Pandamonium. Having made a name for himself with some absolutely fire remixes in recent years, he is showing no signs of slowing down and has been working with new and old allies across the globe on an impressive range of projects. This EP is the debut collaboration between Pandamonium and ES and it feels refreshingly old school but modern and contemporary at the same time. Having connected over the internet, this brand new dynamic duo blend soulful samples and classic boom-boom-tap beats with fluid lyricism to great effect. From the distorted funky bounce of Connect and Create, which is absolutely filthy, to the mellow xylophone vibes of Up On It and its classic sample for a hook, there's plenty to appreciate despite the brevity of the collection (not including the instrumentals, which are always a bonus). Dope indeed.



Oxygen

Dizzy Dustin ft. Akil the MC

When it comes to ill flows and smooth as hell style, few crews can match the talents and success of Jurassic 5 and Ugly Duckling (especially live where they are a killer combo). Having seen them play together a few years ago, I was hyped to see the solo work coming out of both crews in the subsequent years but never saw this one coming. From the opening line you get carried away by the bounce and then repeatedly slapped by Dizzy Dustin's hilarious punch lines - if you like multi-syllables and laidback vibes then jump right in and make sure you make some time to check out the equally chilled remix too. I don't know if there's any further collaborations between these guys penciled in, but it will always be welcome...these two legends blend perfectly and breeze through the track like warm syrup pours over piping hot pancakes.



Money Game

Ren

Stumbling across this guy has certainly been a highlight of the latest lockdown in the UK and once I heard him I was utterly hooked. Blurring the lines between spoken word, rap and pop like it's the easiest thing in the world, Ren is phenomenal songwriter and incredibly natural performer who brings his own brand of politically charged monologues to the stage with a tender ferocity which is completely infectious. This particular piece is so emotive and filled with topical commentary that it's like a tidal wave the first time you hear it. Having made a name for himself as a busker all over the UK, his skills have been honed to an incredible degree and the range of influences in his music is particularly impressive. If you've never heard him then get online and check him out on TikTok, SoundCloud or pretty much any platform you can think of. Absolutely immense.

@renmakesmusic



the TV/MOVIE REVIEWS



Borat: Subsequent Movie Film

Rated R • 1h 35m

Sacha Baron Cohen surprised everyone at the last moment with the sudden and unexpected announcement that he had been filming in secret in the run-up to the American election. Perhaps his most widely-recognized comic creation, Borat's return to the big screen is a painfully scathing satire which takes in a wide range of American issues and pokes them with a big stick. Mixing live comic skits and hidden camera moments with a loosely put together narrative that sees him tasked with infiltrating American society at its highest points, this is a manic and completely outrageous film which pushes boundaries at every turn. While his humor may not be to everyone's tastes, there are some hugely important points that Cohen is seeking to make and the fact that he is prepared to take incredible risks in the process is testament to his commitment and insane genius. Utter chaos which is bewildering and terrifying but also very funny. t



Hubie Halloween

Rated PG-13 • 1h 42m

The continued rise of Netflix as a completely legit movie studio in its own right shows no signs of slowing down and with it comes an incredible resurgence for Adam Sandler. Having been given the opportunity to play in some more serious roles in the past few years, Hubie Halloween sees him returning to his purest form since the days of Happy Gilmore and The Waterboy as he inhabits the titular role. Hubie is a misunderstood outcast in his neighborhood, thanks in no small part to his fascination with Halloween and his dedication to his self-declared role of neighborhood protector against all things evil and creepy. In spite of everyone's dislike and the endless stream of insults and items thrown in his general direction he remains steadfast in his beliefs, which comes in handy when an evil force seems to descend on his hometown one Halloween. Spooky, stupid and sweet all at the same time.



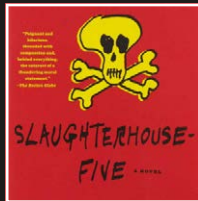
The Last Dance

Rated TV-MA • 8h 11m (10 episodes)

If you ever watched any basketball in the 90s, you'd be forgiven for thinking that Michael Jordan waltzed into the NBA and just won title after title like it was nothing. Having been in awe of him for many years, this documentary series surprised me numerous times with the incredible back story to one of the all-time-greats and those amazing players who played alongside him. Switching back-n-forth between decades and focusing in on a number of significant individuals who contributed (and at times made life difficult), this is a slick production that makes use of hundreds of hours of behind-the-scenes footage filmed over the course of the most significant year in their careers. Looking back on what seemed like a golden age through a fresh pair of eyes certainly brings to light the reality of what it takes to play at the peak of performance and all the madness that comes with it.



the BOOK REVIEWS



Slaughterhouse 5

Kurt Vonnegut

A few years ago, someone mentioned this book to me and I totally forgot about it despite my initial intrigue. Recently, I saw it on sale and snapped up the chance to grab a copy – I'm glad I did as it's absolutely great. Following the footsteps of one Billy Pilgrim, an ex-soldier and family man who claims to have been abducted by extra-terrestrials and believes that he can travel through time. Weaving back and forth across his lifetime, Slaughterhouse 5 is a weird and wonderful tale of life, death, humanity and the need for us to have some sense of belonging. Puzzling and poignant in equal measure, Vonnegut's prose flows effortlessly across the page and somehow manages to maintain a consistent pace regardless of its haphazard narrative. I can't think of any other book which reminds me of this and because of that alone I would highly recommend it. So it goes.



Tough Shit: Life Advice from a Fat, Lazy Slob Who Did Great

Kevin Smith

I've always had a bit of soft spot for Kevin Smith, ever since Clerks first burst onto the scene and showed everyone that you didn't need a big budget to make a great film. Over the years his work has always been uniquely his, even when it's not to everyone's taste, and he is one of the few people who has stayed committed to his own ideals and vision regardless of those who told him that he would never make it. This book is wonderfully self-deprecating read which manages to connect with the reader through his hilarious anecdotes and pseudo life advice that mirrors exactly what you might expect from everyone's favorite Fat Man (not such a fitting name for him anymore, but there we are). In amongst his various rants and shots at some of the big names he has worked with is a warm sense of humor that recognizes that life sucks sometimes.



Natives: Race and Class in the Ruins of Empire

Akala

Few voices in Britain have managed to have the same impact as Akala in the past few years. Having evolved from one of the fiercest emcees in the UK to one of the most prolific speakers on black history and the reality of Britain's need to recognise systemic racism, his knowledge and desire to seek change seem to have no bounds. This book takes his own experiences and explores how and why we have come to the point we currently find ourselves in. Akala's breadth of topics is impressive and he takes in everything from the concept of identity through to police brutality and corruption as he aims to probe some of the major issues at the heart of a nation which is becoming increasingly divided. Natives is an unforgiving and hugely important book that demands your attention, even though some readers will find some of the content rather uncomfortable to confront. Essential reading.



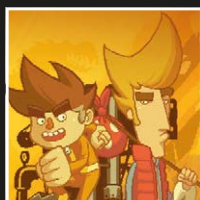
the GAME REVIEWS



Crash Bandicoot 4: It's About Time

XO/PS

Few original characters captured the attention of gamers in the late 90s to the same extent as Crash Bandicoot. His madcap antics, zany humor and challenging difficulty set him apart from many of his competitors and he quickly became synonymous with the genre. Over the years his games grew in popularity, leading to a number of spin-off titles which moved away from the platforming he was best known for (with mixed results). Crash Bandicoot 4 is the first 'proper' Crash game in more than a decade and it more than lives up to the heady expectations of even the most hardcore gamer. Fantastically realized environments and phenomenal character design provide a glorious experience which surpasses expectations while remaining faithful to the series' roots. This is the Crash we all know and love brought bang up to date with all the modern bells and whistles added in to the package.



Lair of the Clockwork God

PC/XB/PS

One of the best things to happen to gaming in recent years has been the resurgence of retro gaming. Whether it's the re-release of classic consoles, emulators that allow us to relive the glory days or indie studios putting out their own 'modern classics', there is so much choice now that it's sometimes difficult to stay on top of it all. I was always a big fan of platformers, but I also had a bit of a penchant for the classic text adventures and early role-playing games. Lair of the Clockwork God is a brilliant little title that blends two completely separate genres together to stunning effect. The game revolves around two main characters (who are incarnations of the two guys behind the game) who have very differing feelings towards gaming, which leads to plenty of banter and fantastic videogame satire, who find themselves tasked with combining their skill sets in order to save the world.



FIFA 21

XB/PS

As we move into the next generation of gaming, it's no surprise that the past 6 years have seen some notable improvements to the biggest franchises out there. Player animations have come a long way in the past few years and the results are outstanding when you see this running on a top spec system and while you wouldn't expect any kind of major overhaul with an annual update of a sports game, the number of incremental changes here are notable. Once you have adjusted the settings to suit your preferences this is the best FIFA in years. The flow of the matches is fluid and smooth, with improved AI helping keep things moving off the ball, leading to some incredibly tense moments and near misses but the major change for me comes in the slight change to the dribbling mechanic that allows you to have greater levels of control over the players.



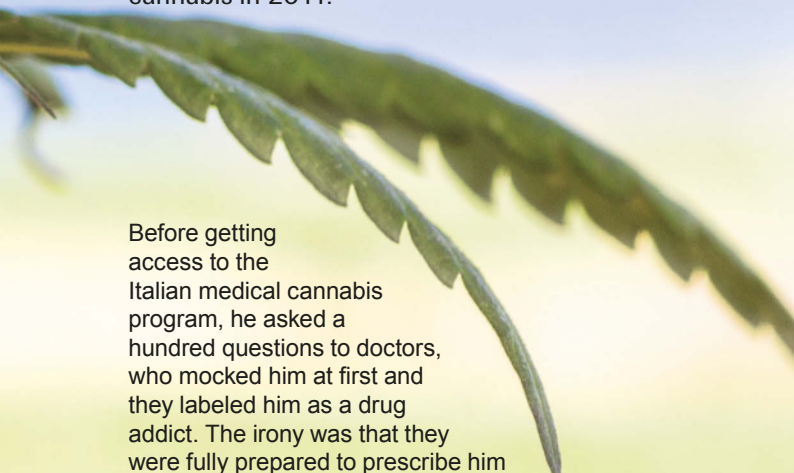


THE CIVIL DISOBEDIENCE of Walter De Benedetto

Written by Dario Sabaghi

When Walter De Benedetto was 15, doctors diagnosed him with rheumatoid arthritis, a chronic autoimmune inflammatory disease, causing him swollen joints. Despite this, he was able to work in the Italian National Health Service until 2014.

But as his clinical situation worsened and he wasn't as self-sufficient to walk, Walter started to use medical cannabis in 2011.



Before getting access to the Italian medical cannabis program, he asked a hundred questions to doctors, who mocked him at first and they labeled him as a drug addict. The irony was that they were fully prepared to prescribe him addictive pain medication to treat him but thought that cannabis was a pointless and ludicrous suggestion. Eventually, he started using Bedrocan - he felt so much better that he managed to quit using morphine.

In the last four years, the pain caused by rheumatoid arthritis reduced considerably because of the use of medical cannabis. But the lack of medical cannabis and the bureaucratic slowness to obtain it led him to purchase cannabis from the black market in the past years to continue his therapy.

As with other patients suffering from chronic pathologies, Walter, who today is 49 and lives in Ripa di Olmo (province of Arezzo), used medical cannabis to relieve himself. But the lack of medical cannabis available in Italy forced him, with the help of his friend Marco, to eventually grow cannabis at home.

Law enforcement officers seized nine cannabis plants in 2019 and jailed his friend Marco for one night. "I did not commit a criminal offense but an act of disobedience for the lack of the drug. I would like my friend Marco free, who was arrested in my place for helping me with cultivation. I find it as an injustice against an innocent who only did me a favor. I tried to take responsibility for my plants, but law enforcement officers didn't listen to me," Walter said in an interview on the radio.

The law enforcement officers declared to have seized 20 kg of cannabis because they miscalculated the amount of the

cannabis plants found in Walter's flat. Instead of calculating only the cannabis flowers of the sized plants, which are parts of the plant containing the psychotropic cannabinoid THC, they calculated the plants in their entirety.

The prohibitionist mindset and the mismanagement of medical cannabis in Italy brought Walter to self-cultivate cannabis to relieve his pain. His story is one of the hundreds of medical cannabis patients who have no access to the medical cannabis program for several reasons. The lack of medical cannabis in Italy is due to so little domestic production and limited import. Furthermore, not all doctors prescribe this treatment because of the lack of information and the bias against cannabis. All these elements leave some patients in a blind alley, and they are forced to self-cultivate cannabis to survive from their pain. This puts them in a difficult position as they are forced to break the law in order to medicate in their preferred way.

However, the story of Walter didn't go unnoticed. Politicians and public figures started a campaign in favor of Walter. Furthermore, cannabis activists started a crowd-funding campaign to support the legal expenses for Walter and his friend Marco.

Walter De Benedetto didn't expect such a mobilization for him. "I was almost overwhelmed. I did not expect such a response, I thank you and I thank all those who have been close to me", he said in an interview following the days of the arrest of his friend Marco.

Walter was surprised by the mobilization for him and all medical cannabis patients. In the same interview, he also expressed his will not to be intubated and kept alive by machines if his disease degenerates. "What I ask from life is the dignity of death. I know what awaits me, but I say it right away: I don't want to be intubated, I don't want to feel trapped in a machine, chained and without hope."

The story of Walter reached even the Italian Parliament. During a demonstration to legalize cannabis in front of the Parliament in October 2019, Walter De Benedetto gave a letter to the President of the Italian Chamber of Deputies

Roberto Fico. The letter addressed Prime Minister Giuseppe Conte and all MPs asked for providing additional funding to ensure that cannabis patients can finally have access to treatments without any fear of scarcity of cannabis.

But one year later, things didn't change. Rather, Walter found himself under investigation for having cultivated narcotic drugs. As the letter given to the President of the Italian Chamber didn't work to improve the condition of the cannabis patients, Walter published a video addressed to the President of the Italian Republic, Sergio Mattarella, with help of civil rights organizations, cannabis activists, and pro-cannabis legalization MPs.

In the video, Walter said he committed a crime by cultivating cannabis, but he took all responsibilities for this because he needed to use cannabis to suffer less. Furthermore, he asked President Mattarella to do something to ease the lives of cannabis patients in Italy, who have the right to use cannabis, but it is unavailable most of the time. He also asked Sergio Mattarella to take into consideration the full legalization of cannabis addressing the Italian Parliament, which didn't take any action yet.

Following the video sent to the President of the Italian Republic, more than 180 citizens started hunger strike protests to support Walter and ask for full cannabis legalization.

However, the Italian government is still silent about new measures to guarantee constant access to the medical cannabis program. Overall, the Italian government doesn't guarantee the right to health to thousands of medical cannabis patients who haven't the same wide appeal as the story of Walter De Benedetto.

CANNABIS TALK 101

WITH BLUE, JOE GRANDE AND THE POT BROTHERS OF LAW

Written by Dee Mani-Mitchell

So, who are these four guys, that are not only taking America - but the world by storm with their Cannabis Talk 101 podcasts?

After personally connecting with these guys on a mission to educate, inspire and motivate the use of cannabis, I felt Weed World Magazine readers needed to be formally introduced to our modern-day heroes.

The founder of Cannabis Talk 101, Chris Wright, aka Blue and the Pot Brothers at Law, Marc and Craig Wasserman, shared something special: a passion for educating, advocating and defending members of the cannabis community. With Chris providing the platform, through radio, they would discuss the benefits of marijuana as well as the laws engulfing it. It wasn't until early on in 2018 that their team became complete with the spontaneous addition of entrepreneur and radio entertainment personality, Joe Grande.



Due to the COVID-19 pandemic many companies have been closed, but cannabis has been deemed essential and dispensaries around the USA remain open for business. According to a new report published by Grand View Research, Inc., the global legal marijuana market size is expected to reach \$73.6 billion by 2027, and "Cannabis Talk 101" will help listeners navigate the new budding legal industry. The podcast features hosts Blue, Joe Grande and The Pot Brothers at Law, Marc and Craig



Wasserman, as they entertain and educate listeners on everything about the cannabis industry. Each week they discuss the benefits of cannabis as well as the laws engulfing it, all while breaking the stoner stereotype.

Together they have embarked on a mission to spread the truth about cannabis while guiding and connecting industry professionals along the way. "Cannabis Talk 101" originated as a radio show and features five informative show segments: "Making Waves" with Blue covering trending topics in cannabis; "Goes Green" with Joe Grande sharing important financial information on the industry; Marc Wasserman will delve into stories from when "Cannabis Goes Bad"; and Craig Wasserman will keep listeners up to date with weekly "Cannabis News" and will also welcome guests to the show for a Q&A segment, "High 5."

"'Cannabis Talk 101' is like your ESPN, CNN, FOX NEWS and The View of Cannabis," said Joe Grande. "Each week we share our passion for educating, advocating and defending members of the cannabis community in an extremely personable, entertaining and educational way for everyone to enjoy." "'Cannabis Talk 101' will quickly become the world's leading podcast for everything cannabis," said Marc Wasserman from the Pot Brothers at Law. "We will inform listeners on how Hemp, CBD, THC and all forms of this amazing plant can benefit everyone in one form or another as we deliver the pro's and con's around cannabis."

For more than a decade, Blue has been involved in all aspects of the Cannabis industry, from medical cannabis dispensaries and collectives to the controversial cannabis movement and its cultivation. He watched as the plant gave his father hope and a better quality of life during his fight with lung cancer. Before his father passed away, Blue made a promise to make an impact in the cannabis movement. Keeping his promise to his dad, Blue created platforms with the primary purpose to educate the community about the benefits of cannabis.

In 2015, he established the Cannabis Talk 101 radio show, and has been one of the highest sought-after speakers in the cannabis industry ever since. Blue's commitment to his father and the movement is apparent in his Mission Statement: "to increase awareness about the positive benefits of cannabis, educate those who believe in it, and convince those who don't".

Joe Grande has always been outgoing with a love for entertaining. His radio career started in college where he majored in Radio Television and Film. Joe soon became a part of the morning show, "The Dog House" in San Francisco on WILD 94.9. Later he moved on to Big Boy's Neighborhood on Power 106 in Los Angeles then joined 102.7 KIIS FM to work on Ryan Seacrest's morning show.



Grande branched off into sports radio working on Fox Sports & NBC Sports and was named by the LA Times as one of the "best radio sports personalities in Los Angeles."

Noticing new social trends were gravitating toward the cannabis industry, Joe got involved. Through professional ventures, he

crossed paths with Blue, Marc and Craig and soon became part of the Cannabis Talk 101 team. Together, they educate and advocate for professionals in the cannabis industry while creating an inclusive and entertaining atmosphere.

The Pot Brothers at Law - Marc and Craig Wasserman

Marc made his mark in the world of arts and entertainment by writing his own screenplay.

Branching out from the arts, Marc decided to practice law, subsequently passing The California State Bar Exam the same year Proposition 215 was passed. Rather than work for a big law firm, Marc opened his own office practicing criminal defense. His background in the arts combined with his legal expertise has contributed to the successful development of various platforms including "Cannabis Talk 101" and Pot Brothers at Law with his older brother Craig; which are utilized for advocacy and education regarding the laws surrounding cannabis.

Craig, a native of Southern California, successfully passed the Bar on his first attempt in 1986. He has practiced litigation for various law firms before deciding to open his own 1990. He currently practices Business Cannabis Law (permitting and licensing) as well as business litigation and workers' compensation law. It was Craig's son, Jerett, who influenced him to concentrate on cannabis law as far back as 1996. Jerett started cultivating cannabis for patients and Craig was determined to ensure Jerett stayed compliant and safe under the cannabis laws. With over 30 years of legal experience and extensive knowledge of Cannabis laws, Craig continues to advocate for others who wish to professionally and legally work in the cannabis industry, not only through "Cannabis Talk 101," but also through Pot Brothers at Law with his little brother Marc.

Craig has also sought to end the stoner stereotype and freely smokes cannabis on social media.

Get involved and check out
www.cannabistalk101.com

HELP is here

Web: <http://norml.org/>
Legal Questions: legal@norml.org
Women's Outreach: sabrina@norml.org

NORML USA

NORML and the NORML Foundation
→ 1100 H Street, NW
Suite 830
Washington, DC 20005
Phone: (202) 483-5500
Fax: (202) 483-0057

SUPPORT & SELF-HELP GROUPS

The following websites and organisations offer advice on giving up or reducing cannabis use.

UNITED KINGDOM

A web-site providing a free downloadable pdf document entitled A Guide to Cutting Down and Stopping Cannabis Use.
www.knowcannabis.org.uk/Images/Kclargeguide.pdf

UNITED STATES AMERICA

A web-site offering downloadable guides to quitting cannabis use
www.cannabisaddicts.com/
http://stopsmokingcannabis.org/Home_Page.html

AUSTRALIA

A web-site providing a free downloadable pdf document entitled Making Changes: A Self-Help Package for People Thinking about Changing their Lifestyles.
www.gsaha.nsw.gov.au/UserFiles
www.edas.org.au/docs/cannabis.pdf

WORD OF WARNING

UK Laws. Please Observe... As responsible journalists, we at

→ Weed World now feel we should extend our information on the re-classification of cannabis – and include the most up-to-date information from the Home Office.
General legislative position and existing licensing arrangements Cannabis is a Class B controlled drug under Part II, Schedule 2, of the Misuse of Drugs Act 1971 (MDA 1971). It is also listed in Schedule 1 to the Misuse of Drugs Regulations 2001 (MDR 2001) and designated under the Misuse of Drugs (Designation) (England, Wales and Scotland) Order 2015 (2015 Order). As such, it is unlawful to possess, supply, produce, import or export this drug except under a Home Office licence. It is also an offence to cultivate any plant of the genus Cannabis except under a Home Office licence.

"Cannabis-based products for medicinal use in humans" ("CBPM") - a defined category of cannabis, cannabis resin, cannabidiol and cannabidiol derivatives - are listed in Schedule 2 to the MDR 2001 and removed from designation under the 2015 Order. Home Office licensing requirements relating to these products are outlined below. The explanatory memorandum to the legislative changes can be found at:
<http://www.legislation.gov.uk/uk/si/2018/1055/memorandum/>
contents

Cannabidiol (CBD) and its control status:
CBD as an isolated substance, in its pure form, would not be controlled under the MDA 1971 / MDR 2001.

If a CBD 'product' contained any controlled cannabinoids, unintentionally or otherwise (e.g., THC or CBD-V), then it is highly likely that the product would be controlled. It is our understanding that it is very difficult to isolate pure CBD, and in our experience many products in fact do not fully disclose their contents or provide a full spectrum analysis at an appropriate level of sensitivity to accurately and consistently determine their true content or control status.

Against this background, the presumption has to be one of caution - that is, that a CBD containing product would be controlled under the MDA 1971 / MDR 2001 as a result of its other cannabinoid content.

In addition to any issues associated with controlled substance content, cannabis/ cannabis extract products may also need to satisfy other regulatory requirements if clinical/medicinal benefits are claimed. In this respect, companies may wish to contact the MHRA for their view on whether the cannabis/ cannabis extract products are additionally subject to their licensing regime and control.

THC-A and its control status:

THC-A as an isolated substance, in its pure form, would not be controlled under the MDA 1971 / MDR 2001. However, it is understood that THC-A readily degrades both naturally, and with a catalyst or environmental change (e.g. ingestion) to THC which is a Schedule 1 controlled cannabinoid.

Against this background, the presumption is similarly one of caution, namely that THC-A will become a controlled substance

by virtue of its degradation.

Information from the Home Office - Misuse of Drugs act 1971:

- Class B - include Amphetamines, Cannabis, Methylphenidate
- (Ritalin), Pholcodine.
- Possession - Up to five years in prison or an unlimited fine or both.
- Dealing/Supply - Up to 14 years in prison or an unlimited fine or both.
- Cannabis is designated as controlled substances under the Misuse of Drugs Act 1971, and using the drug is illegal in UK.

The Misuse of Drugs Act states that it is an offence to:

- possess a controlled substance unlawfully
- possess a controlled substance with intent to supply it supply or offer to supply a controlled drug (even if it is given away for free)
- allow a house, flat or office to be used by people taking drugs

To enforce this law the police have special powers to stop, detain and search people under the 'reasonable suspicion' that they are in possession of a controlled drug.

LEGAL ADVICE

BEING HARASSED? Then contact the Solicitors from Civil Liberties and Human Rights... The rights guaranteed to suspects, defendants, offenders and prisoners in our justice system are fundamental human rights that protect us all from governmental abuse of power. And the solicitors from BSB Law are committed to upholding these rights. Their solicitors are experienced in challenging the decisions of Courts, Local Authorities and Public Bodies, and they are currently involved in cases challenging the legality of decisions to prosecute parents under the Education Act for failing to ensure their children attend school and the scope of Anti-Social Behaviour Orders. For more information about their work in this area – you need James Skelsey. Their consultant Richard Parry is an experienced Civil Liberties campaigner and legal representative for the London Defence Monitoring Group. Parry has represented many protestors arrested as a result of the May Day and other political demonstrations. He is an expert in defending cases related to the supply, possession and importation of drugs. Contact Richard, if you are faced with prosecution.

Profile: Richard Parry of the BSB Law Firm... Richard began his career in 1987 working on the PC Blakelock murder trial at the Central Criminal Court, qualifying in 1994 as a solicitor - gaining higher rights of audience in 2006. He also has experience in the Coroner's Court, Courts Martial and before the Parole Board. Richard has been a Duty Solicitor since 1996 and furthermore Richard has a particular interest and expertise in drug and protest cases. He was involved in the leading medical cannabis case R v Taylor, Quayle & others whose petition to the House of Lords being rejected is now pending before the European Court of Human Rights. Add to that his involvement in numerous importation and supplying cases and is increasingly involved in confiscation hearings under the Proceeds of Crime Act and other legislation. He has been interviewed on TV and Radio on the drugs issue, and spoken at Trafalgar Square. Richard was involved in defending many of the May Day protestors from 1999 onwards, in particular the only riot case from 1999, R v MacHale (2000). He currently assists 2 of the 5 British victims of police brutality from the G8 Summit in Genoa in 2001; the 2 trials there are expected to conclude in 2007. If you wish to contact Richard please e-mail him at richardvp@bsblaw.co.uk
BSB Law Solicitors undertake all work regularly conducted in the criminal courts at all levels and their practice encompasses all aspects of dishonesty, violence, and sexual offences and drugs offences. Worth noting – they also offer expertise in: Internet Crime - Explosives and Firearms - Road Traffic Matters - Licensing - Obscene Publications - Local Authority - Prosecutions - Environmental Crime.

→ BUTCHER SAHOTA SKELSEY BLACK SOLICITORS

5-7 Euston Road, Kings Cross, London, NW1 2SA. DX 37905 Kings Cross.

Tel: 020 7837 3456 (24 hours)

Fax: 020 7837 9696

info@bsblaw.co.uk www.bsblaw.co.uk

→ CANNABIS LAWYER CANADA

Paul Lewin

Tel. (416) 499-7945

paullewin@bellnet.ca

www.LewinSagara.ca

→ RELEASE UK – OFFER DRUGS COUNSELING, DRUG EXPERT WITNESS, HELP & ADVICE AND LEGAL OUTREACH

For all information on their services call 020 7324 2989 or email ask@release.org.uk

Our drug expert witness service is delivered by our highly knowledgeable and accredited (Expert Witness Institute) drugs team that have provided authoritative independent reports and testimony for civil, criminal and military cases in England, Ireland, Scotland & Wales for over 10 years.

The team are exceptionally experienced in dealing with most drugs whether prescribed or controlled/illegal (as defined by the Misuse of Drugs Act 1971) and are regularly instructed to comment upon:

- Valuation - street prices and wholesale
- Drug prevalence
- Common methods of drug use and administration
- Cannabis cultivation and yield (including hydroponics)
- Possession with intent to supply
- Bulk purchase for personal use (scale of economy)
- Importation and distribution
- Dialogue interpretation and sequestration cases
- Proceeds of Crime Act, to name but few areas.

Contact: drugsexpert@release.org.uk

The counseling service is lead by Gary Sutton who is a member of the British Association for Counseling and Psychotherapy (BACP) and has an MSc in Therapeutic Counseling. Gary has many years of experience of working with people with drug, alcohol and emotional problems, and has delivered counseling in a variety of settings including drug treatment centers and prisons. If you require further information, or would like details on commissioning the service then please contact Keith Edwards on keith@release.org.uk, or alternatively telephone 020 7324 2979.

Our legal surgery program currently operates in ten drug treatment centers across eight London boroughs, seeing over 1800 clients a year. People who use drugs problematically and engaging with the treatment centre can access a legal adviser for advice and assistance on a variety of issues, including:

- Housing
- Homelessness
- Welfare benefits (including representation at tribunals)
- Debt
- Complaints against the police
- Criminal injuries compensation claims

TALK TO FRANK

If you want to talk, you can call FRANK,

→ 24 hours a day, 365 days a year. (Free confidential drugs advice, they will signpost you to whatever service you may need). 0300 123 6600, text 82111, email: frank@talktofrank.com.

→ **NORML/UK** is a non-partisan, non-profit organization working for more research into the benefits of the uses of the hemp plant for all purposes. We aim to provide a support network to those seeking the normalization of cannabis consumption, and to influence a positive transformation of laws enabling responsible medical, spiritual, recreational and industrial uses in the UK. Our five main objectives are outlined in our Cannabis Charter: Freedom, Evidence, Respect, Regulation and Medicinal cannabis. On our web site you will find information relating to medicinal and recreational cannabis.

We are seeking the reform of cannabis laws throughout the world. Hashish has been sold in coffeeshops in The Netherlands for forty years. Uruguay recently become the first country to officially legalize cannabis, and two States in the USA have also legalized, with more expected to follow suit.

If you would like to be part of the UK's leading campaign to reform the laws, then you can join online and become a member of NORML-UK. www.norml-uk.org
General Inquiries: norml@norml.org
The NORML Foundation: foundation@norml.org
Media Requests: media@norml.org

----- The inclusion of the above organizations are only suggestions, and Weed World cannot be held responsible for content of external websites. -----

PLACING YOUR ORDER

BY POST: WEED WORLD, TREGARON, SY25 6PX, UK

BY EMAIL: ORDERS@WEEDWORLD.CO.UK

BY PHONE: UK 01974 821 518 US 01144 1974 821 518

WWW.WEEDWORLD.CO.UK

With so many products to choose from,
you'll be spoilt for choice at weedworld.co.uk

Weed World's dedicated processing team are
waiting to take your order now, and will ensure the
SECURE AND DISCREET arrival of your order.

*Please ensure all cash is sent using a secure insured postal service
- insuring your money against loss. Weed World cannot be held
responsible for any loss of money due to uninsured packages. Please
check weedworld.co.uk for up-to-date price and stock information.
Please call (UK) 01974 821 518 / (US) 01144 1974 821 518 for a
postage quote if you do not live in the UK, EU or USA.*

WW ORDER FORM

*You can post us cash (remember to use a registered delivery service if
sending these forms of payment).*

NAME:

ADDRESS:

ZIP/POST CODE:

TEL:

EMAIL:

ITEM	PRICE	QTY	TOTAL
Please attach a separate sheet of paper if you require more space.			SUBTOTAL
ADD P&P: UK £6.00 USA \$20.00 EU €15.00			TOTAL COST

15% OFF EVERYTHING!*

THE 12 DAYS OF CHRISTMAS

CODE:WWCHRISTMAS15

Not valid on magazine subscriptions. Discount applied at checkout. Cannot be
used in conjunction with any other offers, promotions, coupons or discounts.
Weed World reserve the right to modify the terms of this offer at any time.
Subject to availability, while stocks last.

25 DEC 2020 - 5 JAN 2021

WW149

15% OFF

Emerald Triangle Seeds



Cannot be used in conjunction with any other offers, promotions, coupons or
discounts. Weed World reserve the right to modify the terms of this offer at any
time. Subject to availability, while stocks last. Discount applied at checkout.

EXPIRES: 31 DEC 2020

WW149

10% OFF

Resin Seeds

CODE:RESIN10

Cannot be used in conjunction with any other offers, promotions, coupons or
discounts. Weed World reserve the right to modify the terms of this offer at any
time. Subject to availability, while stocks last. Discount applied at checkout.

EXPIRES: 31 DEC 2020

WW149

10% OFF

C.B.D. Seeds



Cannot be used in conjunction with any other offers, promotions, coupons or
discounts. Weed World reserve the right to modify the terms of this offer at any
time. Subject to availability, while stocks last. Discount applied at checkout.

EXPIRES: 31 DEC 2020

WW149

**SALES
REDUCTIONS
DISCOUNTS
OFFERS
COUPONS**

BUSINESS DIRECTORY

Wholesale/Other

WEED WORLD

01974 821 518
01974 821 696
info@weedworld.co.uk
www.weedworld.co.uk

Souvenir Seeds



Attitude Seedbank
www.theattitudeseedbank.com



Barney's Farm
www.barneysfarm.com



Big Head Seeds
www.bigheadseeds.com



CBD+ Buds
www.cbdplusbuds.com



Dutch Passion
info@dutch-passion.com
www.dutch-passion.com



Emerald Triangle Seeds
info@emeraldtriangleseeds.co.uk
www.emeraldtriangleseeds.co.uk



Genofarm
info@genofarm.com
www.genofarm.com

GenoFarms

info@genofarms.com
www.genofarms.com



GENOFARMS

Kush Seeds

info@kushcannabisseeds.com
www.kushcannabisseeds.com



Medicann

info@medicannseeds.com
www.medicannseeds.com



Ministry of Cannabis

info@ministryofcannabis.com
www.ministryofcannabis.com



Sunbelt Seeds

info@sunbeltseeds.com
www.sunbeltseeds.com



SuperCBDx

www.supercbdxseeds.co.uk



Sweet Seeds

www.sweetseeds.es



Retail/Other



Mendo Dope
www.mendodopemusic.com



Near Dark
www.neardark.de



Weed World Magazine
www.weedworldmagazine.org

Weedlive

www.dlive.tv/weedlive



Whole Plant Extract (WPE)

www.wholeplantextract.co.uk



Why Not? Shop

www.whynotshop.ch

why not?

PLANTERS OF THE TREES SUPPLY CO.



Emerald Cup
2019

BREEDER OF THE YEAR
AND 2ND PLACE FLOWER



Emerald Cup
2017

HIGHEST TERPENE
FLOWER

WE CARRY SOME OF THE MOST
AWARD WINNING GENETICS IN THE WORLD!

Green
Shock



MENDO
DOPE

SOLKING
Genetics



WWW.THEPLANTERSOFTHETREES.COM

EMERALD TRIANGLE SEEDS BEST INDICAS - 2020 -



AUTO + CBD
STRAINS

20+ YEARS
experience of
breeding

REG + FEM
SEEDS

BRAND NEW
CBG STRAIN
FEB 2021!



SEEDING
THE FUTURE

See our website
for the full
strain catalogue



EMERALDTRIANGLESEEDS.CO.UK • INFO@EMERALDTRIANGLESEEDS.CO.UK

RETAILERS



GORILLA
SEED BANK



DISTRIBUTORS



Seeds are for souvenir purposes only and are not to be germinated. Consult your country's laws before purchasing cannabis seeds. Emerald Triangle Seeds will not be held responsible for the illegal use of seeds by third parties.